



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FREDRICH, Wolfgang

Club: CaBa`s CaBaNauTeN
Number: 80

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 4:12:15

Speed: 7.52 km/h
Running performance: 7:59 min/km

Rank in course/Total: 20 (of 23)

Rank in course/Men: 20 (of 21)

Best time in course: 2:26:37

Rank in category: 5(of 5)

Best time in the category: 3:04:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	37:44	7:09	5	8:02	21	16:06	5.27	37:44	7:09	4	8:02	4	4:19
Lap 2	5.27	39:22	7:28	5	9:55	21	16:57	10.54	1:17:06	7:18	1	-	2	29:57
Lap 3	5.27	39:45	7:32	5	9:34	21	16:25	15.81	1:56:51	7:23	4	26:23	4	17:46
Lap 4	5.27	42:05	7:59	5	11:50	21	17:34	21.08	2:38:56	7:32	4	38:13	4	24:00
Lap 5	5.27	45:18	8:35	5	14:02	19	20:17	26.35	3:24:14	7:45	4	52:15	4	32:30
Last lap Finish	5.27	48:01	9:06	5	15:36	15	18:19	31.62	4:12:15	7:58	5	1:07:51	20	1:45:38