



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FÜRST, Hubert

Club: LT Alfdorf

Number: 84

Course: 42.16 km

Marathon

Category:

Männer M45

Total time: 4:15:31

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 73 (of 289)

Rank in course/Men: 69 (of 261)

Best time in course: 3:20:36

Rank in category: 13(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	28:20	5:22	12	4:57	60	5:58	5.27	28:20	5:22	26		79	
Lap 2	5.27	28:20	5:22	11	3:43	61	4:54	10.54	56:40	5:22	32		72	
Lap 3	5.27	29:06	5:31	11	3:45	63	5:28	15.81	1:25:46	5:25	26		74	
Lap 4	5.27	29:54	5:40	9	3:04	59	5:16	21.08	1:55:40	5:29	30		69	
Lap 5	5.27	31:36	5:59	14	3:58	75	6:17	26.35	2:27:16	5:35	36		67	24:27
Lap 6	5.27	33:33	6:21	14	5:21	77	7:42	31.62	3:00:49	5:43	26		64	32:03
Lap 7	5.27	36:29	6:55	19	8:18	92	10:22	36.89	3:37:18	5:53	36		63	42:25
Last lap Finish	5.27	38:13	7:15	26	9:50	120	12:30	42.16	4:15:31	6:03	14	2:54:45	79	3:48:44