



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PILSER, Siegfried

Club: Miemingm AU
Number: 271

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:15:52

Speed: 9.85 km/h
Running performance: 6:04 min/km

Rank in course/Total: 75 (of 289)

Rank in course/Men: 71 (of 261)

Best time in course: 3:20:36

Rank in category: 15(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	26:35	5:02	7	3:12	37	4:13	5.27	26:35	5:02	41		81	
Lap 2	5.27	27:11	5:09	7	2:34	36	3:45	10.54	53:46	5:06	33		74	
Lap 3	5.27	28:30	5:24	7	3:09	55	4:52	15.81	1:22:16	5:12	40		76	
Lap 4	5.27	29:03	5:30	7	2:13	47	4:25	21.08	1:51:19	5:16	32		70	
Lap 5	5.27	30:57	5:52	11	3:19	64	5:38	26.35	2:22:16	5:23	38		69	19:27
Lap 6	5.27	34:11	6:29	18	5:59	92	8:20	31.62	2:56:27	5:34	35		66	27:41
Lap 7	5.27	38:20	7:16	27	10:09	118	12:13	36.89	3:34:47	5:49	38		65	39:54
Last lap Finish	5.27	41:05	7:47	32	12:42	153	15:22	42.16	4:15:52	6:04	16	2:55:06	81	3:49:05