



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SIMON, Wolfgang

Club: MTV Heide
Number: 346

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:17:03

Speed: 9.80 km/h
Running performance: 6:06 min/km

Rank in course/Total: 78 (of 289)

Rank in course/Men: 74 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 21)

Best time in the category: 4:02:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Behind		Pos Behind		
						Pos Men	Behind Men	km	Time	min/km	Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	29:41	5:37	6	3:38	89	7:19	5.27	29:41	5:37	20			84	
Lap 2	5.27	28:23	5:23	4	1:09	62	4:57	10.54	58:04	5:30	15	4:24		75	
Lap 3	5.27	29:18	5:33	5	0:50	67	5:40	15.81	1:27:22	5:31	20			79	
Lap 4	5.27	30:15	5:44	4	1:02	69	5:37	21.08	1:57:37	5:34	17			71	
Lap 5	5.27	31:20	5:56	4	1:30	72	6:01	26.35	2:28:57	5:39	18			72	26:08
Lap 6	5.27	32:58	6:15	2	1:06	71	7:07	31.62	3:01:55	5:45	17			68	33:09
Lap 7	5.27	34:41	6:34	3	0:42	70	8:34	36.89	3:36:36	5:52	17	1:01		68	41:43
Last lap Finish	5.27	40:27	7:40	8	5:44	144	14:44	42.16	4:17:03	6:05	3	14:30		84	3:50:16