



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WOLF, Daniel

Club: Team Triple X
Number: 411

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:18:45

Speed: 9.74 km/h
Running performance: 6:08 min/km

Rank in course/Total: 83 (of 289)

Rank in course/Men: 79 (of 261)

Best time in course: 3:20:36

Rank in category: 14(of 42)

Best time in the category: 3:29:26

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	33:39	6:23	34	11:17	179	11:17	5.27	33:39	6:23	38		83	
Lap 2	5.27	30:46	5:50	21	7:20	117	7:20	10.54	1:04:25	6:06	36	2:40	231	
Lap 3	5.27	30:22	5:45	17	6:44	90	6:44	15.81	1:34:47	5:59	36		84	
Lap 4	5.27	30:28	5:46	15	5:26	72	5:50	21.08	2:05:15	5:56	36		231	
Lap 5	5.27	29:19	5:33	8	3:10	36	4:00	26.35	2:34:34	5:51	33		77	31:45
Lap 6	5.27	29:37	5:37	7	3:06	25	3:46	31.62	3:04:11	5:49	38		239	35:25
Lap 7	5.27	34:35	6:33	11	6:56	67	8:28	36.89	3:38:46	5:55	31		73	43:53
Last lap Finish	5.27	39:59	7:35	24	13:22	135	14:16	42.16	4:18:45	6:08	17	2:52:52	89	3:51:58