



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRETZSCHMAR, Manfred

Club: Ichtshausen
Number: 179

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:19:08

Speed: 9.72 km/h
Running performance: 6:09 min/km

Rank in course/Total: 85 (of 289)

Rank in course/Men: 81 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 21)

Best time in the category: 4:02:33

Intermediate times

Stage score

Total ranking

| Control | Split | | | Pos | | Behind | | Total | | | Pos | | Behind | |
|-----------------|-------|-------|--------|------|------|--------|-------|-------|---------|--------|------|-------|--------|---------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Lap 1 | 5.27 | 26:03 | 4:56 | 1 | - | 28 | 3:41 | 5.27 | 26:03 | 4:56 | 19 | | 73 | |
| Lap 2 | 5.27 | 27:14 | 5:10 | 1 | - | 37 | 3:48 | 10.54 | 53:17 | 5:03 | 14 | | 79 | |
| Lap 3 | 5.27 | 28:29 | 5:24 | 2 | 0:01 | 53 | 4:51 | 15.81 | 1:21:46 | 5:10 | 19 | | 86 | |
| Lap 4 | 5.27 | 31:54 | 6:03 | 5 | 2:41 | 102 | 7:16 | 21.08 | 1:53:40 | 5:23 | 16 | | 76 | |
| Lap 5 | 5.27 | 35:00 | 6:38 | 9 | 5:10 | 143 | 9:41 | 26.35 | 2:28:40 | 5:38 | 17 | | 79 | 25:51 |
| Lap 6 | 5.27 | 37:11 | 7:03 | 9 | 5:19 | 143 | 11:20 | 31.62 | 3:05:51 | 5:52 | 16 | | 72 | 37:05 |
| Lap 7 | 5.27 | 37:30 | 7:06 | 6 | 3:31 | 104 | 11:23 | 36.89 | 3:43:21 | 6:03 | 16 | 7:46 | 75 | 48:28 |
| Last lap Finish | 5.27 | 35:47 | 6:47 | 4 | 1:04 | 82 | 10:04 | 42.16 | 4:19:08 | 6:08 | 4 | 16:35 | 91 | 3:52:21 |