



## 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

### Detailed evaluation

**POERSCHKE, Ralf**

Club: MSV Eintracht Halberstadt  
Number: 275

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:20:54

Speed: 9.70 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 89 (of 289)

Rank in course/Men: 85 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Lap 1           | 5.27        | 29:22         | 5:34            | 16          | 5:59           | 84         | 7:00          | 5.27        | 29:22         | 5:34            | 45          |                | 95         |               |
| Lap 2           | 5.27        | 29:19         | 5:33            | 14          | 4:42           | 81         | 5:53          | 10.54       | 58:41         | 5:34            | 34          |                | 81         |               |
| Lap 3           | 5.27        | 30:23         | 5:45            | 16          | 5:02           | 91         | 6:45          | 15.81       | 1:29:04       | 5:38            | 44          |                | 90         |               |
| Lap 4           | 5.27        | 31:28         | 5:58            | 16          | 4:38           | 89         | 6:50          | 21.08       | 2:00:32       | 5:43            | 36          |                | 80         |               |
| Lap 5           | 5.27        | 32:03         | 6:04            | 18          | 4:25           | 84         | 6:44          | 26.35       | 2:32:35       | 5:47            | 42          |                | 83         | 29:46         |
| Lap 6           | 5.27        | 34:20         | 6:30            | 21          | 6:08           | 97         | 8:29          | 31.62       | 3:06:55       | 5:54            | 37          |                | 74         | 38:09         |
| Lap 7           | 5.27        | 37:25         | 7:05            | 24          | 9:14           | 102        | 11:18         | 36.89       | 3:44:20       | 6:04            | 42          |                | 79         | 49:27         |
| Last lap Finish | 5.27        | 36:34         | 6:56            | 19          | 8:11           | 93         | 10:51         | 42.16       | 4:20:54       | 6:11            | 20          | 3:00:08        | 95         | 3:54:07       |