



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GIERER, Philip

Club: TC FIKO Rostock
Number: 91

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:21:56

Speed: 9.62 km/h
Running performance: 6:13 min/km

Rank in course/Total: 90 (of 289)

Rank in course/Men: 86 (of 261)

Best time in course: 3:20:36

Rank in category: 15(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	33:05	6:16	29	10:43	161	10:43	5.27	33:05	6:16	10			96
Lap 2	5.27	33:43	6:23	34	10:17	185	10:17	10.54	1:06:48	6:20	32	5:03		82
Lap 3	5.27	33:24	6:20	32	9:46	165	9:46	15.81	1:40:12	6:20	37			91
Lap 4	5.27	33:12	6:17	25	8:10	138	8:34	21.08	2:13:24	6:19	32			81 1:44
Lap 5	5.27	33:14	6:18	17	7:05	100	7:55	26.35	2:46:38	6:19	34			84 43:49
Lap 6	5.27	31:28	5:58	12	4:57	51	5:37	31.62	3:18:06	6:15	33			75 49:20
Lap 7	5.27	31:06	5:54	6	3:27	27	4:59	36.89	3:49:12	6:12	32			80 54:19
Last lap Finish	5.27	32:44	6:12	8	6:07	44	7:01	42.16	4:21:56	6:12	18	2:56:03		96 3:55:09