



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FILECCIA, Marco

Club: Oberhausen

Number: 70

Course: 42.16 km

Marathon

Category:

Männer M45

Total time: 4:25:42

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 97 (of 289)

Rank in course/Men: 93 (of 261)

Best time in course: 3:20:36

Rank in category: 20(of 50)

Best time in the category: 3:39:13

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	33:24	6:20	34	10:01	169	11:02	5.27	33:24	6:20	46	1:44	103	
Lap 2	5.27	32:38	6:11	31	8:01	161	9:12	10.54	1:06:02	6:15	46	1:20	239	
Lap 3	5.27	32:18	6:07	28	6:57	139	8:40	15.81	1:38:20	6:13	45		3	
Lap 4	5.27	32:37	6:11	24	5:47	123	7:59	21.08	2:10:57	6:12	37		86	
Lap 5	5.27	33:35	6:22	21	5:57	112	8:16	26.35	2:44:32	6:14	43		91	41:43
Lap 6	5.27	34:08	6:28	17	5:56	91	8:17	31.62	3:18:40	6:16	38		80	49:54
Lap 7	5.27	33:47	6:24	12	5:36	52	7:40	36.89	3:52:27	6:18	43		87	57:34
Last lap Finish	5.27	33:15	6:18	9	4:52	50	7:32	42.16	4:25:42	6:18	21	3:04:56	103	3:58:55