



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FRÖHLICH, Peter

Club: LG eXa Leipzig
Number: 81

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:30:03

Speed: 9.33 km/h
Running performance: 6:25 min/km

Rank in course/Total: 106 (of 289)

Rank in course/Men: 102 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 55)

Best time in the category: 3:28:58

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	31:20	5:56	28	8:07	123	8:58	5.27	31:20	5:56	49			112
Lap 2	5.27	31:09	5:54	27	6:39	130	7:43	10.54	1:02:29	5:55	2			93
Lap 3	5.27	30:43	5:49	20	6:06	94	7:05	15.81	1:33:12	5:53	47	3:00		107
Lap 4	5.27	32:07	6:05	23	7:06	106	7:29	21.08	2:05:19	5:56	50			235
Lap 5	5.27	32:00	6:04	17	5:42	83	6:41	26.35	2:37:19	5:58	45			100 34:30
Lap 6	5.27	33:43	6:23	17	6:08	80	7:52	31.62	3:11:02	6:02	45			87 42:16
Lap 7	5.27	37:38	7:08	24	9:07	107	11:31	36.89	3:48:40	6:11	43			96 53:47
Last lap Finish	5.27	41:23	7:51	36	13:45	159	15:40	42.16	4:30:03	6:24	21	2:52:50		112 4:03:16