



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

REINHARD-MILTZ, Gerhard

Club: streakrunner.de

Number: 290

Course: 42.16 km

Marathon

Category:

Männer M50

Total time: 4:30:59

Speed: 9.33 km/h

Running performance: 6:26 min/km

Rank in course/Total: 112 (of 289)

Rank in course/Men: 108 (of 261)

Best time in course: 3:20:36

Rank in category: 12(of 32)

Best time in the category: 3:20:36

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	30:53	5:51	10	6:50	110	8:31	5.27	30:53	5:51	20		118	
Lap 2	5.27	33:09	6:17	16	8:55	169	9:43	10.54	1:04:02	6:04	26	15:41	224	
Lap 3	5.27	34:38	6:34	20	10:07	183	11:00	15.81	1:38:40	6:14	20		113	
Lap 4	5.27	35:02	6:38	18	10:24	173	10:24	21.08	2:13:42	6:20	19		97	2:02
Lap 5	5.27	35:43	6:46	15	10:24	160	10:24	26.35	2:49:25	6:25	18		106	46:36
Lap 6	5.27	31:46	6:01	6	5:49	54	5:55	31.62	3:21:11	6:21	26		93	52:25
Lap 7	5.27	33:51	6:25	5	7:44	54	7:44	36.89	3:55:02	6:22	18		102	1:00:09
Last lap Finish	5.27	35:57	6:49	10	10:14	87	10:14	42.16	4:30:59	6:25	13	3:09:26	118	4:04:12