



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MICHAELIS, Brian

Club: Wennigsen

Number: 230

Course: 42.16 km

Marathon

Category:

Männer M30

Total time: 4:38:00

Speed: 9.10 km/h

Running performance: 6:35 min/km

Rank in course/Total: 136 (of 289)

Rank in course/Men: 132 (of 261)

Best time in course: 3:20:36

Rank in category: 21(of 31)

Best time in the category: 3:22:43

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	31:58	6:03	23	8:21	141	9:36	5.27	31:58	6:03	12	4:47	142	
Lap 2	5.27	32:00	6:04	22	7:27	144	8:34	10.54	1:03:58	6:04	29	8:48	222	
Lap 3	5.27	32:51	6:14	23	8:33	153	9:13	15.81	1:36:49	6:07	12	12:17	137	
Lap 4	5.27	33:54	6:25	22	9:15	152	9:16	21.08	2:10:43	6:12	10	16:19	113	
Lap 5	5.27	35:08	6:40	22	9:42	146	9:49	26.35	2:45:51	6:17	10	20:04	130	43:02
Lap 6	5.27	37:03	7:01	22	11:12	138	11:12	31.62	3:22:54	6:25	12	44:53	116	54:08
Lap 7	5.27	38:12	7:14	17	12:01	117	12:05	36.89	4:01:06	6:32	29	20:56	235	1:06:13
Last lap Finish	5.27	36:54	7:00	15	10:50	96	11:11	42.16	4:38:00	6:35	21	1:15:17	142	4:11:13