



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BLEICKER, Dirk

Club: LSF-Unna-2000

Number: 24

Course: 42.16 km

Marathon

Category:

Männer M40

Total time: 4:39:36

Speed: 9.01 km/h

Running performance: 6:38 min/km

Rank in course/Total: 143 (of 289)

Rank in course/Men: 138 (of 261)

Best time in course: 3:20:36

Rank in category: 32(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Lap 1 | 5.27 | 30:17 | 5:44 | 19 | 7:04 | 100 | 7:55 | 5.27 | 30:17 | 5:44 | 7 | | 148 | |
| Lap 2 | 5.27 | 30:28 | 5:46 | 22 | 5:58 | 105 | 7:02 | 10.54 | 1:00:45 | 5:45 | 9 | | 117 | |
| Lap 3 | 5.27 | 30:20 | 5:45 | 18 | 5:43 | 86 | 6:42 | 15.81 | 1:31:05 | 5:45 | 6 | 0:53 | 143 | |
| Lap 4 | 5.27 | 31:27 | 5:58 | 18 | 6:26 | 84 | 6:49 | 21.08 | 2:02:32 | 5:48 | 5 | | 116 | |
| Lap 5 | 5.27 | 33:19 | 6:19 | 23 | 7:01 | 104 | 8:00 | 26.35 | 2:35:51 | 5:54 | 7 | | 136 | 33:02 |
| Lap 6 | 5.27 | 35:56 | 6:49 | 27 | 8:21 | 123 | 10:05 | 31.62 | 3:11:47 | 6:03 | 6 | | 122 | 43:01 |
| Lap 7 | 5.27 | 42:47 | 8:07 | 41 | 14:16 | 177 | 16:40 | 36.89 | 3:54:34 | 6:21 | 6 | | 126 | 59:41 |
| Last lap Finish | 5.27 | 45:02 | 8:32 | 44 | 17:24 | 196 | 19:19 | 42.16 | 4:39:36 | 6:37 | 34 | 3:02:23 | 148 | 4:12:49 |