



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MICHEL, Dr. Peter

Club: Berlin
Number: 232

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:47:29

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 159 (of 289)

Rank in course/Men: 152 (of 261)

Best time in course: 3:20:36

Rank in category: 31(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	30:47	5:50	20	7:24	109	8:25	5.27	30:47	5:50	7		161	
Lap 2	5.27	30:43	5:49	22	6:06	115	7:17	10.54	1:01:30	5:50	7		126	
Lap 3	5.27	32:48	6:13	30	7:27	151	9:10	15.81	1:34:18	5:57	7		156	
Lap 4	5.27	34:35	6:33	33	7:45	168	9:57	21.08	2:08:53	6:06	7		124	
Lap 5	5.27	35:22	6:42	29	7:44	154	10:03	26.35	2:44:15	6:14	8		149	41:26
Lap 6	5.27	39:31	7:29	35	11:19	182	13:40	31.62	3:23:46	6:26	7		135	55:00
Lap 7	5.27	40:51	7:45	32	12:40	160	14:44	36.89	4:04:37	6:37	6		133	1:09:44
Last lap Finish	5.27	42:52	8:08	35	14:29	178	17:09	42.16	4:47:29	6:49	32	3:26:43	162	4:20:42