



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**OSTMANN, Heiko**

Club: LT Nauen-Falkensee  
Number: 256

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:47:52

Speed: 8.75 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 161 (of 289)

Rank in course/Men: 154 (of 261)

Best time in course: 3:20:36

Rank in category: 36(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	32:55	6:14	35	9:42	156	10:33	5.27	32:55	6:14	11		164	
Lap 2	5.27	33:30	6:21	40	9:00	179	10:04	10.54	1:06:25	6:18	53		247	
Lap 3	5.27	33:07	6:17	34	8:30	157	9:29	15.81	1:39:32	6:17	10	9:20	159	
Lap 4	5.27	34:08	6:28	34	9:07	155	9:30	21.08	2:13:40	6:20	8		127	2:00
Lap 5	5.27	35:33	6:44	33	9:15	157	10:14	26.35	2:49:13	6:25	11		151	46:24
Lap 6	5.27	37:50	7:10	35	10:15	158	11:59	31.62	3:27:03	6:32	10	7:52	138	58:17
Lap 7	5.27	40:52	7:45	37	12:21	162	14:45	36.89	4:07:55	6:43	9		135	1:13:02
Last lap Finish	5.27	39:57	7:34	30	12:19	133	14:14	42.16	4:47:52	6:49	38	3:10:39	165	4:21:05