



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HORNKE, Alexander

Club: Wuppertal
Number: 133

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:50:35

Speed: 8.67 km/h
Running performance: 6:53 min/km

Rank in course/Total: 171 (of 289)

Rank in course/Men: 161 (of 261)

Best time in course: 3:20:36

Rank in category: 30(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	34:31	6:32	37	12:09	198	12:09	5.27	34:31	6:32	1	-	171		
Lap 2	5.27	34:27	6:32	36	11:01	195	11:01	10.54	1:08:58	6:32	41	7:13	253		
Lap 3	5.27	33:27	6:20	33	9:49	166	9:49	15.81	1:42:25	6:28	1	-	166		
Lap 4	5.27	34:10	6:28	30	9:08	156	9:32	21.08	2:16:35	6:28	8		132	4:55	
Lap 5	5.27	34:59	6:38	27	8:50	141	9:40	26.35	2:51:34	6:30	12	1:59	158	48:45	
Lap 6	5.27	37:38	7:08	29	11:07	155	11:47	31.62	3:29:12	6:36	10		145	1:00:26	
Lap 7	5.27	39:02	7:24	22	11:23	134	12:55	36.89	4:08:14	6:43	39		244	1:13:21	
Last lap Finish	5.27	42:21	8:02	31	15:44	174	16:38	42.16	4:50:35	6:53	33	3:24:42	172	4:23:48	