



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ROSE, Frank

Club: Behringen
Number: 300

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:51:37

Speed: 8.64 km/h
Running performance: 6:55 min/km

Rank in course/Total: 173 (of 289)

Rank in course/Men: 163 (of 261)

Best time in course: 3:20:36

Rank in category: 34(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	31:26	5:57	26	8:03	129	9:04	5.27	31:26	5:57	10			173
Lap 2	5.27	31:51	6:02	27	7:14	139	8:25	10.54	1:03:17	6:00	43			221
Lap 3	5.27	32:18	6:07	28	6:57	139	8:40	15.81	1:35:35	6:02	10			168
Lap 4	5.27	34:06	6:28	29	7:16	154	9:28	21.08	2:09:41	6:09	8			134
Lap 5	5.27	37:05	7:02	37	9:27	183	11:46	26.35	2:46:46	6:19	11			160 43:57
Lap 6	5.27	40:18	7:38	37	12:06	191	14:27	31.62	3:27:04	6:32	10			113 58:18
Lap 7	5.27	44:04	8:21	41	15:53	191	17:57	36.89	4:11:08	6:48	8			142 1:16:15
Last lap Finish	5.27	40:29	7:40	31	12:06	145	14:46	42.16	4:51:37	6:55	35	3:30:51	174	4:24:50