



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GNAUERT, Rene

Club: Berlin
Number: 93

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:51:54

Speed: 8.67 km/h
Running performance: 6:55 min/km

Rank in course/Total: 175 (of 289)

Rank in course/Men: 165 (of 261)

Best time in course: 3:20:36

Rank in category: 31(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	33:44	6:24	35	11:22	184	11:22	5.27	33:44	6:24	13		111	
Lap 2	5.27	35:09	6:40	38	11:43	203	11:43	10.54	1:08:53	6:32	13	7:08	131	
Lap 3	5.27	36:32	6:55	38	12:54	213	12:54	15.81	1:45:25	6:40	13	3:00	106	
Lap 4	5.27	37:52	7:11	38	12:50	214	13:14	21.08	2:23:17	6:47	9	5:07	93	11:37
Lap 5	5.27	31:46	6:01	15	5:37	78	6:27	26.35	2:55:03	6:38	13	5:28	162	52:14
Lap 6	5.27	37:20	7:05	27	10:49	149	11:29	31.62	3:32:23	6:43	1	-	149	1:03:37
Lap 7	5.27	40:41	7:43	28	13:02	157	14:34	36.89	4:13:04	6:51	1	-	144	1:18:11
Last lap Finish	5.27	38:50	7:22	22	12:13	126	13:07	42.16	4:51:54	6:55	34	3:26:01	176	4:25:07