



## 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

### Detailed evaluation

**WILDE, Wolfgang**

Club: LT Nauen-Falkensee  
Number: 408

Course: 42.16 km  
Marathon

Category:  
Männer M55

Total time: 4:55:16

Speed: 8.57 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 190 (of 289)

Rank in course/Men: 177 (of 261)

Best time in course: 3:20:36

Rank in category: 11(of 21)

Best time in the category: 4:02:33

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Lap 1           | 5.27        | 31:23         | 5:57            | 8           | 5:20           | 126        | 9:01          | 5.27        | 31:23         | 5:57            | 1           | -              | 187        |               |
| Lap 2           | 5.27        | 31:34         | 5:59            | 9           | 4:20           | 135        | 8:08          | 10.54       | 1:02:57       | 5:58            | 19          | 9:17           | 220        |               |
| Lap 3           | 5.27        | 32:31         | 6:10            | 8           | 4:03           | 144        | 8:53          | 15.81       | 1:35:28       | 6:02            | 1           | -              | 182        |               |
| Lap 4           | 5.27        | 34:12         | 6:29            | 10          | 4:59           | 161        | 9:34          | 21.08       | 2:09:40       | 6:09            | 1           | -              | 146        |               |
| Lap 5           | 5.27        | 37:20         | 7:05            | 10          | 7:30           | 188        | 12:01         | 26.35       | 2:47:00       | 6:20            | 1           | -              | 174        | 44:11         |
| Lap 6           | 5.27        | 39:34         | 7:30            | 11          | 7:42           | 183        | 13:43         | 31.62       | 3:26:34       | 6:31            | 1           | -              | 161        | 57:48         |
| Lap 7           | 5.27        | 43:31         | 8:15            | 12          | 9:32           | 184        | 17:24         | 36.89       | 4:10:05       | 6:46            | 21          | 34:30          | 246        | 1:15:12       |
| Last lap Finish | 5.27        | 45:11         | 8:34            | 13          | 10:28          | 198        | 19:28         | 42.16       | 4:55:16       | 7:00            | 11          | 52:43          | 188        | 4:28:29       |