



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HELM, Peter

Club: LT Wetzlar
Number: 115

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:57:17

Speed: 8.48 km/h
Running performance: 7:03 min/km

Rank in course/Total: 192 (of 289)

Rank in course/Men: 179 (of 261)

Best time in course: 3:20:36

Rank in category: 18(of 32)

Best time in the category: 3:20:36

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	31:15	5:55	11	7:12	121	8:53	5.27	31:15	5:55	15			189	
Lap 2	5.27	30:09	5:43	8	5:55	96	6:43	10.54	1:01:24	5:49	25	13:03		209	
Lap 3	5.27	31:08	5:54	9	6:37	111	7:30	15.81	1:32:32	5:51	15			184	
Lap 4	5.27	33:38	6:22	13	9:00	148	9:00	21.08	2:06:10	5:59	31			240	
Lap 5	5.27	34:10	6:28	12	8:51	129	8:51	26.35	2:40:20	6:05	13			176	37:31
Lap 6	5.27	37:10	7:03	15	11:13	142	11:19	31.62	3:17:30	6:14	12			163	48:44
Lap 7	5.27	48:41	9:14	29	22:34	232	22:34	36.89	4:06:11	6:40	30			243	1:11:18
Last lap Finish	5.27	51:06	9:41	30	25:23	238	25:23	42.16	4:57:17	7:03	19	3:35:44		190	4:30:30