



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**AHLRICHS, Frank**

Club: Dortmund  
Number: 2

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 5:04:59

Speed: 8.26 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 205 (of 289)

Rank in course/Men: 191 (of 261)

Best time in course: 3:20:36

Rank in category: 41(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	28:24	5:23	13	5:01	62	6:02	5.27	28:24	5:23	17		201	
Lap 2	5.27	30:25	5:46	19	5:48	104	6:59	10.54	58:49	5:34	13		146	
Lap 3	5.27	31:04	5:53	21	5:43	108	7:26	15.81	1:29:53	5:41	17		196	
Lap 4	5.27	32:14	6:06	23	5:24	112	7:36	21.08	2:02:07	5:47	41		220	
Lap 5	5.27	35:54	6:48	32	8:16	164	10:35	26.35	2:38:01	5:59	17		186	35:12
Lap 6	5.27	44:56	8:31	45	16:44	228	19:05	31.62	3:22:57	6:25	17		175	54:11
Lap 7	5.27	51:31	9:46	48	23:20	249	25:24	36.89	4:14:28	6:53	15		167	1:19:35
Last lap Finish	5.27	50:31	9:35	48	22:08	232	24:48	42.16	5:04:59	7:14	42	3:44:13	202	4:38:12