



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PLAGEMANN, Peter

Club: Freaky Friday Runners Bamberg
Number: 273

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:05:46

Speed: 8.24 km/h
Running performance: 7:15 min/km

Rank in course/Total: 206 (of 289)

Rank in course/Men: 192 (of 261)

Best time in course: 3:20:36

Rank in category: 42(of 50)

Best time in the category: 3:39:13

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	33:29	6:21	35	10:06	174	11:07	5.27	33:29	6:21	18	1:49	202		
Lap 2	5.27	33:41	6:23	37	9:04	183	10:15	10.54	1:07:10	6:22	48	2:28	251		
Lap 3	5.27	35:50	6:47	37	10:29	201	12:12	15.81	1:43:00	6:30	18	2:20	197		
Lap 4	5.27	34:20	6:30	31	7:30	164	9:42	21.08	2:17:20	6:30	15	0:17	138	5:40	
Lap 5	5.27	36:14	6:52	33	8:36	166	10:55	26.35	2:53:34	6:35	18		187	50:45	
Lap 6	5.27	44:12	8:23	44	16:00	221	18:21	31.62	3:37:46	6:53	18		176	1:09:00	
Lap 7	5.27	43:15	8:12	39	15:04	182	17:08	36.89	4:21:01	7:04	16		168	1:26:08	
Last lap Finish	5.27	44:45	8:29	41	16:22	193	19:02	42.16	5:05:46	7:15	43	3:45:00	203	4:38:59	