



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BENNEMANN, Mark

Club: sc impuls erfurt
Number: 424

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:10:38

Speed: 8.14 km/h
Running performance: 7:22 min/km

Rank in course/Total: 218 (of 289)

Rank in course/Men: 203 (of 261)

Best time in course: 3:20:36

Rank in category: 25(of 31)

Best time in the category: 3:22:43

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	30:08	5:43	19	6:31	94	7:46	5.27	30:08	5:43	7	2:57	213	
Lap 2	5.27	30:22	5:45	18	5:49	99	6:56	10.54	1:00:30	5:44	6	5:20	118	
Lap 3	5.27	31:03	5:53	20	6:45	107	7:25	15.81	1:31:33	5:47	7	7:01	208	
Lap 4	5.27	33:26	6:20	21	8:47	145	8:48	21.08	2:04:59	5:55	30	10:35	229	
Lap 5	5.27	37:25	7:05	26	11:59	190	12:06	26.35	2:42:24	6:09	6	16:37	194	39:35
Lap 6	5.27	45:52	8:42	29	20:01	232	20:01	31.62	3:28:16	6:35	7	50:15	187	59:30
Lap 7	5.27	47:48	9:04	28	21:37	223	21:41	36.89	4:16:04	6:56	7	35:54	179	1:21:11
Last lap Finish	5.27	54:34	10:21	29	28:30	246	28:51	42.16	5:10:38	7:22	26	1:47:55	214	4:43:51