



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BRUNNHÜBNER, Conny

Club: Team Bock
Number: 32

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:23:05

Speed: 7.80 km/h
Running performance: 7:40 min/km

Rank in course/Total: 236 (of 289)

Rank in course/Men: 218 (of 261)

Best time in course: 3:20:36

Rank in category: 46(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	34:03	6:27	42	10:40	190	11:41	5.27	34:03	6:27	22	2:23	228	
Lap 2	5.27	35:41	6:46	43	11:04	214	12:15	10.54	1:09:44	6:36	17	5:02	164	
Lap 3	5.27	37:13	7:03	46	11:52	222	13:35	15.81	1:46:57	6:45	22	6:17	223	
Lap 4	5.27	38:52	7:22	46	12:02	223	14:14	21.08	2:25:49	6:55	19	8:46	181	14:09
Lap 5	5.27	40:07	7:36	44	12:29	216	14:48	26.35	3:05:56	7:03	20	5:13	206	1:03:07
Lap 6	5.27	43:10	8:11	42	14:58	214	17:19	31.62	3:49:06	7:14	22	10:22	202	1:20:20
Lap 7	5.27	46:21	8:47	43	18:10	211	20:14	36.89	4:35:27	7:28	20	9:51	194	1:40:34
Last lap Finish	5.27	47:38	9:02	45	19:15	215	21:55	42.16	5:23:05	7:39	47	4:02:19	229	4:56:18