



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STAACK, Andreas

Club: Henstedt-Ulzburg

Number: 351

Course: 42.16 km

Marathon

Category:

Männer M50

Total time: 5:26:46

Speed: 7.74 km/h

Running performance: 7:45 min/km

Rank in course/Total: 242 (of 289)

Rank in course/Men: 222 (of 261)

Best time in course: 3:20:36

Rank in category: 25(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	34:32	6:33	19	10:29	199	12:10	5.27	34:32	6:33	8		108	
Lap 2	5.27	36:03	6:50	24	11:49	223	12:37	10.54	1:10:35	6:41	8	22:14	167	
Lap 3	5.27	37:08	7:02	23	12:37	220	13:30	15.81	1:47:43	6:48	8	3:53	227	
Lap 4	5.27	40:10	7:37	28	15:32	239	15:32	21.08	2:27:53	7:00	8	10:16	157	16:13
Lap 5	5.27	44:08	8:22	29	18:49	239	18:49	26.35	3:12:01	7:17	8	17:08	208	1:09:12
Lap 6	5.27	44:39	8:28	28	18:42	224	18:48	31.62	3:56:40	7:29	5	23:19	206	1:27:54
Lap 7	5.27	48:23	9:10	28	22:16	228	22:16	36.89	4:45:03	7:43	7	31:25	198	1:50:10
Last lap Finish	5.27	41:43	7:54	18	16:00	164	16:00	42.16	5:26:46	7:45	26	4:05:13	233	4:59:59