



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WENK, Alexander

Club: Efringen-Kirchen
Number: 399

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:33:19

Speed: 7.56 km/h
Running performance: 7:55 min/km

Rank in course/Total: 247 (of 289)

Rank in course/Men: 226 (of 261)

Best time in course: 3:20:36

Rank in category: 29(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	37:39	7:08	29	14:02	242	15:17	5.27	37:39	7:08	3	10:28	236	
Lap 2	5.27	37:56	7:11	30	13:23	243	14:30	10.54	1:15:35	7:10	3	20:25	171	
Lap 3	5.27	38:36	7:19	31	14:18	244	14:58	15.81	1:54:11	7:13	3	29:39	231	
Lap 4	5.27	39:14	7:26	30	14:35	225	14:36	21.08	2:33:25	7:16	3	39:01	189	21:45
Lap 5	5.27	40:31	7:41	28	15:05	217	15:12	26.35	3:13:56	7:21	3	48:09	210	1:11:07
Lap 6	5.27	42:33	8:04	27	16:42	206	16:42	31.62	3:56:29	7:28	3	1:18:28	210	1:27:43
Lap 7	5.27	46:09	8:45	27	19:58	208	20:02	36.89	4:42:38	7:39	3	1:02:28	202	1:47:45
Last lap Finish	5.27	50:41	9:37	28	24:37	235	24:58	42.16	5:33:19	7:54	30	2:10:36	237	5:06:32