



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

REHN, Matthias

Club: RUN 4 FUN Rödermark
Number: 289

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:33:19

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

Rank in course/Total: 248 (of 289)

Rank in course/Men: 227 (of 261)

Best time in course: 3:20:36

Rank in category: 26(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	37:39	7:08	28	13:36	242	15:17	5.27	37:39	7:08	7	1:20	236	
Lap 2	5.27	37:56	7:11	28	13:42	243	14:30	10.54	1:15:35	7:10	7	27:14	171	
Lap 3	5.27	38:36	7:19	27	14:05	244	14:58	15.81	1:54:11	7:13	7	10:21	231	
Lap 4	5.27	39:14	7:26	24	14:36	225	14:36	21.08	2:33:25	7:16	7	15:48	189	21:45
Lap 5	5.27	40:31	7:41	25	15:12	217	15:12	26.35	3:13:56	7:21	7	19:03	210	1:11:07
Lap 6	5.27	42:33	8:04	25	16:36	206	16:42	31.62	3:56:29	7:28	4	23:08	210	1:27:43
Lap 7	5.27	46:09	8:45	24	20:02	208	20:02	36.89	4:42:38	7:39	6	29:00	202	1:47:45
Last lap Finish	5.27	50:41	9:37	29	24:58	235	24:58	42.16	5:33:19	7:54	27	4:11:46	237	5:06:32