



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NIKISCH, Frank

Club: LC Auensee Leipzig
Number: 248

Course: 42.16 km
Marathon

Category:
Männer M60

Total time: 5:38:45

Speed: 7.47 km/h
Running performance: 8:02 min/km

Rank in course/Total: 255 (of 289)

Rank in course/Men: 233 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 6)

Best time in the category: 3:30:58

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	36:44	6:58	4	11:46	228	14:22	5.27	36:44	6:58	4	11:46	208	
Lap 2	5.27	36:47	6:58	4	11:40	232	13:21	10.54	1:13:31	6:58	3	23:26	178	
Lap 3	5.27	37:55	7:11	5	13:24	238	14:17	15.81	1:51:26	7:02	4	36:50	238	
Lap 4	5.27	40:18	7:38	5	14:40	241	15:40	21.08	2:31:44	7:11	4	51:30	196	20:04
Lap 5	5.27	44:07	8:22	4	17:42	238	18:48	26.35	3:15:51	7:25	4	1:09:12	217	1:13:02
Lap 6	5.27	46:36	8:50	4	18:28	235	20:45	31.62	4:02:27	7:40	4	1:27:40	214	1:33:41
Lap 7	5.27	47:25	8:59	5	19:08	222	21:18	36.89	4:49:52	7:51	3	48:11	209	1:54:59
Last lap Finish	5.27	48:53	9:16	6	20:59	221	23:10	42.16	5:38:45	8:02	4	2:07:47	244	5:11:58