



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HENNING, Christian

Club: Kassel
Number: 117

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:55:33

Speed: 7.09 km/h
Running performance: 8:26 min/km

Rank in course/Total: 272 (of 289)

Rank in course/Men: 246 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 22)

Best time in the category: 3:31:12

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	38:07	7:13	21	14:05	246	15:45	5.27	38:07	7:13	2	3:04	256	
Lap 2	5.27	38:38	7:19	21	13:49	250	15:12	10.54	1:16:45	7:16	2	23:10	189	
Lap 3	5.27	38:00	7:12	20	13:06	240	14:22	15.81	1:54:45	7:15	2	17:42	236	
Lap 4	5.27	39:23	7:28	19	13:52	229	14:45	21.08	2:34:08	7:18	2	45:50	209	22:28
Lap 5	5.27	40:47	7:44	20	14:47	222	15:28	26.35	3:14:55	7:23	2	31:41	230	1:12:06
Lap 6	5.27	44:49	8:30	19	17:50	225	18:58	31.62	3:59:44	7:34	2	41:35	225	1:30:58
Lap 7	5.27	48:25	9:11	15	20:05	229	22:18	36.89	4:48:09	7:48	2	53:25	220	1:53:16
Last lap Finish	5.27	1:07:24	12:47	21	40:37	254	41:41	42.16	5:55:33	8:26	22	5:28:46	257	5:28:46