



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SLADKOWSKI, Jörg

Club: Potsdam
Number: 348

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:55:39

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

Rank in course/Total: 274 (of 289)

Rank in course/Men: 248 (of 261)

Best time in course: 3:20:36

Rank in category: 30(of 32)

Best time in the category: 3:20:36

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	38:08	7:14	29	14:05	247	15:46	5.27	38:08	7:14	3	1:49	258	
Lap 2	5.27	35:53	6:48	23	11:39	218	12:27	10.54	1:14:01	7:01	3	25:40	191	
Lap 3	5.27	36:00	6:49	22	11:29	205	12:22	15.81	1:50:01	6:57	3	6:11	252	
Lap 4	5.27	39:16	7:27	25	14:38	227	14:38	21.08	2:29:17	7:04	3	11:40	211	17:37
Lap 5	5.27	47:14	8:57	30	21:55	252	21:55	26.35	3:16:31	7:27	3	21:38	232	1:13:42
Lap 6	5.27	48:36	9:13	31	22:39	247	22:45	31.62	4:05:07	7:45	31	31:46	251	1:36:21
Lap 7	5.27	54:57	10:25	32	28:50	252	28:50	36.89	5:00:04	8:08	31	46:26	248	2:05:11
Last lap Finish	5.27	55:35	10:32	31	29:52	248	29:52	42.16	5:55:39	8:26	31	4:34:06	259	5:28:52