



9. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

**GRUBE, Frank**

Club: TuS Hilstrup  
Number: 99

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 6:01:18

Speed: 6.97 km/h  
Running performance: 8:34 min/km

Rank in course/Total: 275 (of 289)

Rank in course/Men: 249 (of 261)

Best time in course: 3:20:36

Rank in category: 53(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	5.27	38:19	7:16	54	15:06	250	15:57	5.27	38:19	7:16	28	4:52	259				
Lap 2	5.27	39:41	7:31	53	15:11	254	16:15	10.54	1:18:00	7:24	22	9:27	192				
Lap 3	5.27	40:41	7:43	53	16:04	251	17:03	15.81	1:58:41	7:30	27	28:29	253	2:35			
Lap 4	5.27	43:31	8:15	52	18:30	252	18:53	21.08	2:42:12	7:41	25	18:35	212	30:32			
Lap 5	5.27	45:17	8:35	53	18:59	247	19:58	26.35	3:27:29	7:52	26	32:50	233	1:24:40			
Lap 6	5.27	48:48	9:15	53	21:13	248	22:57	31.62	4:16:17	8:06	27	57:06	227	1:47:31			
Lap 7	5.27	50:30	9:34	53	21:59	244	24:23	36.89	5:06:47	8:18	24	56:17	222	2:11:54			
Last lap Finish	5.27	54:31	10:20	52	26:53	245	28:48	42.16	6:01:18	8:34	55	4:24:05	260	5:34:31			