



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BECHLER, Ralf

Club: Rennsteiglaufverein
Number: 15

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:04:24

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 5 (of 23)

Rank in course/Men: 5 (of 21)

Best time in course: 2:26:37

Rank in category: 1(of 5)

Best time in the category: 3:04:24

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Lap 1 | 5.27 | 29:42 | 5:38 | 1 | - | 6 | 8:04 | 5.27 | 29:42 | 5:38 | 1 | - | 18 | | |
| Lap 2 | 5.27 | 30:35 | 5:48 | 2 | 1:08 | 8 | 8:10 | 10.54 | 1:00:17 | 5:43 | 3 | | 16 | 13:08 | |
| Lap 3 | 5.27 | 30:11 | 5:43 | 1 | - | 6 | 6:51 | 15.81 | 1:30:28 | 5:43 | 1 | - | 17 | | |
| Lap 4 | 5.27 | 30:15 | 5:44 | 1 | - | 5 | 5:44 | 21.08 | 2:00:43 | 5:43 | 1 | - | 17 | | |
| Lap 5 | 5.27 | 31:16 | 5:55 | 1 | - | 5 | 6:15 | 26.35 | 2:31:59 | 5:46 | 1 | - | 15 | | |
| Last lap Finish | 5.27 | 32:25 | 6:09 | 1 | - | 2 | 2:43 | 31.62 | 3:04:24 | 5:49 | 1 | - | 5 | 37:47 | |