



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

TRIEBEL, Silko

Club: Rennsteiglaufverein
Number: 378

Course: 31.62 km
3/4 Marathon

Category:
Männer M35

Total time: 3:20:02

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 6 (of 23)

Rank in course/Men: 6 (of 21)

Best time in course: 2:26:37

Rank in category: 1(of 3)

Best time in the category: 3:20:02

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	31:07	5:54	1	-	9	9:29	5.27	31:07	5:54	1	-	17	
Lap 2	5.27	30:22	5:45	1	-	7	7:57	10.54	1:01:29	5:50	1	-	11	14:20
Lap 3	5.27	31:09	5:54	1	-	8	7:49	15.81	1:32:38	5:51	1	-	16	
Lap 4	5.27	32:59	6:15	1	-	7	8:28	21.08	2:05:37	5:57	1	-	16	
Lap 5	5.27	34:51	6:36	1	-	6	9:50	26.35	2:40:28	6:05	1	-	14	
Last lap Finish	5.27	39:34	7:30	2	0:15	6	9:52	31.62	3:20:02	6:19	1	-	6	53:25