



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**KRAHE, Holger**

Club: Bonn  
Number: 175

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 3:22:43

Speed: 12.43 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 2 (of 289)

Rank in course/Men: 2 (of 261)

Best time in course: 3:20:36

Rank in category: 1(of 31)

Best time in the category: 3:22:43

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	25:41	4:52	9	2:04	20	3:19	5.27	25:41	4:52	17		9	
Lap 2	5.27	24:33	4:39	1	-	4	1:07	10.54	50:14	4:45	13		7	
Lap 3	5.27	24:18	4:36	1	-	2	0:40	15.81	1:14:32	4:42	17		5	
Lap 4	5.27	24:39	4:40	1	-	2	0:01	21.08	1:39:11	4:42	14		3	
Lap 5	5.27	25:26	4:49	1	-	2	0:07	26.35	2:04:37	4:43	15		2	1:48
Lap 6	5.27	25:51	4:54	1	-	1	-	31.62	2:30:28	4:45	16		2	1:42
Lap 7	5.27	26:11	4:58	1	-	2	0:04	36.89	2:56:39	4:47	14		2	1:46
Last lap Finish	5.27	26:04	4:56	1	-	2	0:21	42.16	3:22:43	4:48	1	-	10	2:55:56