



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WAHL, Martin

Club: WSV Oberhof
Number: 388

Course: 42.16 km
Marathon

Category:
Männer M60

Total time: 3:30:58

Speed: 11.95 km/h
Running performance: 5:00 min/km

Rank in course/Total: 5 (of 289)

Rank in course/Men: 5 (of 261)

Best time in course: 3:20:36

Rank in category: 1(of 6)

Best time in the category: 3:30:58

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	24:58	4:44	1	-	12	2:36	5.27	24:58	4:44	1	-	12	
Lap 2	5.27	25:07	4:45	1	-	9	1:41	10.54	50:05	4:45	1	-	10	
Lap 3	5.27	24:31	4:39	1	-	3	0:53	15.81	1:14:36	4:43	1	-	8	
Lap 4	5.27	25:38	4:51	1	-	9	1:00	21.08	1:40:14	4:45	1	-	6	
Lap 5	5.27	26:25	5:00	1	-	9	1:06	26.35	2:06:39	4:48	1	-	5	3:50
Lap 6	5.27	28:08	5:20	1	-	12	2:17	31.62	2:34:47	4:53	1	-	5	6:01
Lap 7	5.27	28:17	5:22	1	-	7	2:10	36.89	3:03:04	4:57	6		227	8:11
Last lap Finish	5.27	27:54	5:17	1	-	8	2:11	42.16	3:30:58	5:00	1	-	13	3:04:11