



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LUX, Christoph

Club: TG Viktoria Augsburg
Number: 214

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:32:42

Speed: 11.89 km/h
Running performance: 5:03 min/km

Rank in course/Total: 7 (of 289)

Rank in course/Men: 7 (of 261)

Best time in course: 3:20:36

Rank in category: 2(of 31)

Best time in the category: 3:22:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	25:31	4:50	7	1:54	16	3:09	5.27	25:31	4:50	31		14	
Lap 2	5.27	25:41	4:52	6	1:08	16	2:15	10.54	51:12	4:51	16		12	
Lap 3	5.27	26:12	4:58	5	1:54	15	2:34	15.81	1:17:24	4:53	31		10	
Lap 4	5.27	26:26	5:00	5	1:47	13	1:48	21.08	1:43:50	4:55	16		8	
Lap 5	5.27	27:03	5:07	3	1:37	12	1:44	26.35	2:10:53	4:58	28		6	8:04
Lap 6	5.27	27:08	5:08	2	1:17	5	1:17	31.62	2:38:01	4:59	1	-	7	9:15
Lap 7	5.27	27:48	5:16	2	1:37	4	1:41	36.89	3:05:49	5:02	26		4	10:56
Last lap Finish	5.27	26:53	5:06	3	0:49	6	1:10	42.16	3:32:42	5:02	2	9:59	15	3:05:55