



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FISCHER, Michael

Club: TC FIKO Rostock
Number: 75

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:49:26

Speed: 10.98 km/h
Running performance: 5:26 min/km

Rank in course/Total: 25 (of 289)

Rank in course/Men: 25 (of 261)

Best time in course: 3:20:36

Rank in category: 7(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 | 25:36 | 4:51 | 8 | 1:59 | 19 | 3:14 | 5.27 | 25:36 | 4:51 | 26 | | 32 | |
| Lap 2 | 5.27 | 27:27 | 5:12 | 11 | 2:54 | 41 | 4:01 | 10.54 | 53:03 | 5:01 | 21 | | 30 | |
| Lap 3 | 5.27 | 27:29 | 5:12 | 9 | 3:11 | 31 | 3:51 | 15.81 | 1:20:32 | 5:05 | 26 | | 27 | |
| Lap 4 | 5.27 | 28:12 | 5:21 | 9 | 3:33 | 32 | 3:34 | 21.08 | 1:48:44 | 5:09 | 21 | | 26 | |
| Lap 5 | 5.27 | 29:09 | 5:31 | 8 | 3:43 | 34 | 3:50 | 26.35 | 2:17:53 | 5:13 | 23 | | 22 | 15:04 |
| Lap 6 | 5.27 | 29:45 | 5:38 | 5 | 3:54 | 27 | 3:54 | 31.62 | 2:47:38 | 5:18 | 21 | 9:37 | 25 | 18:52 |
| Lap 7 | 5.27 | 30:48 | 5:50 | 4 | 4:37 | 25 | 4:41 | 36.89 | 3:18:26 | 5:22 | 23 | | 18 | 23:33 |
| Last lap Finish | 5.27 | 31:00 | 5:52 | 4 | 4:56 | 26 | 5:17 | 42.16 | 3:49:26 | 5:26 | 7 | 26:43 | 33 | 3:22:39 |