



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

POMMER, Mario

Club: Meddys LWT Koblenz
Number: 276

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 3:51:51

Speed: 10.87 km/h
Running performance: 5:30 min/km

Rank in course/Total: 30 (of 289)

Rank in course/Men: 30 (of 261)

Best time in course: 3:20:36

Rank in category: 5(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	28:47	5:27	11	6:25	70	6:25	5.27	28:47	5:27	28		33	
Lap 2	5.27	28:45	5:27	14	5:19	70	5:19	10.54	57:32	5:27	19		35	
Lap 3	5.27	28:05	5:19	5	4:27	40	4:27	15.81	1:25:37	5:24	27		32	
Lap 4	5.27	28:19	5:22	6	3:17	35	3:41	21.08	1:53:56	5:24	23		31	
Lap 5	5.27	28:33	5:25	6	2:24	26	3:14	26.35	2:22:29	5:24	24		27	19:40
Lap 6	5.27	28:34	5:25	4	2:03	17	2:43	31.62	2:51:03	5:24	24		30	22:17
Lap 7	5.27	30:04	5:42	5	2:25	21	3:57	36.89	3:21:07	5:27	22		23	26:14
Last lap Finish	5.27	30:44	5:49	5	4:07	22	5:01	42.16	3:51:51	5:29	8	2:25:58	38	3:25:04