



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STROBEL, Günter

Club: IfL-Helmbrechts
Number: 363

Course: 31.62 km
3/4 Marathon

Category:
Männer M60

Total time: 3:56:19

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 15 (of 23)

Rank in course/Men: 15 (of 21)

Best time in course: 2:26:37

Rank in category: 1(of 1)

Best time in the category: 3:56:19

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	35:44	6:46	1	-	18	14:06	5.27	35:44	6:46	1	-	9	2:19
Lap 2	5.27	33:43	6:23	1	-	13	11:18	10.54	1:09:27	6:35	1	-	6	22:18
Lap 3	5.27	38:32	7:18	1	-	20	15:12	15.81	1:47:59	6:49	1	-	9	8:54
Lap 4	5.27	37:18	7:04	1	-	15	12:47	21.08	2:25:17	6:53	1	-	9	10:21
Lap 5	5.27	41:09	7:48	1	-	16	16:08	26.35	3:06:26	7:04	1	-	20	14:42
Last lap Finish	5.27	49:53	9:27	1	-	16	20:11	31.62	3:56:19	7:28	1	-	15	1:29:42