



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KÖTTNITZ, Matthias

Club: Riedstadt
Number: 174

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 3:57:39

Speed: 10.60 km/h
Running performance: 5:38 min/km

Rank in course/Total: 38 (of 289)

Rank in course/Men: 38 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	27:25	5:12	8	4:02	49	5:03	5.27	27:25	5:12	30		46	
Lap 2	5.27	26:54	5:06	6	2:17	31	3:28	10.54	54:19	5:09	24		44	
Lap 3	5.27	27:52	5:17	4	2:31	34	4:14	15.81	1:22:11	5:11	29		41	
Lap 4	5.27	28:40	5:26	4	1:50	40	4:02	21.08	1:50:51	5:15	23		40	
Lap 5	5.27	29:23	5:34	4	1:45	38	4:04	26.35	2:20:14	5:19	27		35	17:25
Lap 6	5.27	31:03	5:53	6	2:51	45	5:12	31.62	2:51:17	5:25	29		38	22:31
Lap 7	5.27	33:07	6:17	10	4:56	48	7:00	36.89	3:24:24	5:32	27		31	29:31
Last lap Finish	5.27	33:15	6:18	9	4:52	50	7:32	42.16	3:57:39	5:38	5	2:36:53	47	3:30:52