



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HÖSL, Patrick

Club: LG DUV

Number: 135

Course: 42.16 km

Marathon

Category:

Männer M35

Total time: 4:00:36

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 42 (of 289)

Rank in course/Men: 42 (of 261)

Best time in course: 3:20:36

Rank in category: 9(of 42)

Best time in the category: 3:29:26

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	31:25	5:57	23	9:03	127	9:03	5.27	31:25	5:57	22		50	
Lap 2	5.27	28:42	5:26	13	5:16	69	5:16	10.54	1:00:07	5:42	33		198	
Lap 3	5.27	28:05	5:19	5	4:27	40	4:27	15.81	1:28:12	5:34	22		45	
Lap 4	5.27	28:31	5:24	9	3:29	39	3:53	21.08	1:56:43	5:32	27		44	
Lap 5	5.27	29:44	5:38	11	3:35	42	4:25	26.35	2:26:27	5:33	20		39	23:38
Lap 6	5.27	30:27	5:46	9	3:56	40	4:36	31.62	2:56:54	5:35	28		42	28:08
Lap 7	5.27	31:33	5:59	7	3:54	31	5:26	36.89	3:28:27	5:39	26		35	33:34
Last lap Finish	5.27	32:09	6:06	7	5:32	39	6:26	42.16	4:00:36	5:42	12	2:34:43	52	3:33:49