



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

NOLTE, Robert

Club: CaBa`s CaBaNauTeN
Number: 249

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:01:26

Speed: 10.44 km/h
Running performance: 5:44 min/km

Rank in course/Total: 43 (of 289)

Rank in course/Men: 43 (of 261)

Best time in course: 3:20:36

Rank in category: 8(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.	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	16	3:48	49	5:03	5.27	27:25	5:12	25	0:14	46	
Lap 2	5.27	29:17	5:33	16	4:44	80	5:51	10.54	56:42	5:22	22	1:32	48	
Lap 3	5.27	30:03	5:42	17	5:45	78	6:25	15.81	1:26:45	5:29	25	2:13	47	
Lap 4	5.27	29:18	5:33	11	4:39	50	4:40	21.08	1:56:03	5:30	22	1:39	45	
Lap 5	5.27	29:44	5:38	9	4:18	42	4:25	26.35	2:25:47	5:31	1	-	41	22:58
Lap 6	5.27	31:39	6:00	8	5:48	53	5:48	31.62	2:57:26	5:36	22	19:25	44	28:40
Lap 7	5.27	32:23	6:08	7	6:12	41	6:16	36.89	3:29:49	5:41	22		36	34:56
Last lap Finish	5.27	31:37	5:59	7	5:33	33	5:54	42.16	4:01:26	5:43	8	38:43	53	3:34:39