



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WIMMER, Robert

Club: TSV Zirndorf
Number: 409

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:02:15

Speed: 10.40 km/h
Running performance: 5:45 min/km

Rank in course/Total: 44 (of 289)

Rank in course/Men: 44 (of 261)

Best time in course: 3:20:36

Rank in category: 7(of 50)

Best time in the category: 3:39:13

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	25:01	4:44	2	1:38	13	2:39	5.27	25:01	4:44	33		11	
Lap 2	5.27	24:37	4:40	1	-	5	1:11	10.54	49:38	4:42	27		49	
Lap 3	5.27	26:16	4:59	3	0:55	16	2:38	15.81	1:15:54	4:48	32		48	
Lap 4	5.27	28:21	5:22	3	1:31	37	3:43	21.08	1:44:15	4:56	25		46	
Lap 5	5.27	30:45	5:50	10	3:07	59	5:26	26.35	2:15:00	5:07	30		42	12:11
Lap 6	5.27	34:12	6:29	19	6:00	93	8:21	31.62	2:49:12	5:21	32		45	20:26
Lap 7	5.27	36:13	6:52	18	8:02	89	10:06	36.89	3:25:25	5:34	30		37	30:32
Last lap Finish	5.27	36:50	6:59	20	8:27	95	11:07	42.16	4:02:15	5:44	8	2:41:29	54	3:35:28