



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

CONRADI, Jens

Club: Bielefeld

Number: 42

Course: 42.16 km

Marathon

Category:

Männer M30

Total time: 4:03:18

Speed: 10.36 km/h

Running performance: 5:46 min/km

Rank in course/Total: 48 (of 289)

Rank in course/Men: 48 (of 261)

Best time in course: 3:20:36

Rank in category: 10(of 31)

Best time in the category: 3:22:43

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	25:07	4:45	6	1:30	15	2:45	5.27	25:07	4:45	23		57	
Lap 2	5.27	25:18	4:48	3	0:45	11	1:52	10.54	50:25	4:47	24		53	
Lap 3	5.27	28:05	5:19	12	3:47	40	4:27	15.81	1:18:30	4:57	23		52	
Lap 4	5.27	29:17	5:33	10	4:38	49	4:39	21.08	1:47:47	5:06	24		50	
Lap 5	5.27	30:10	5:43	10	4:44	47	4:51	26.35	2:17:57	5:14	21		45	15:08
Lap 6	5.27	33:02	6:16	12	7:11	72	7:11	31.62	2:50:59	5:24	15	12:58	49	22:13
Lap 7	5.27	34:44	6:35	11	8:33	71	8:37	36.89	3:25:43	5:34	20		41	30:50
Last lap Finish	5.27	37:35	7:07	17	11:31	118	11:52	42.16	4:03:18	5:46	10	40:35	58	3:36:31