



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LABITZKE, Stefan

Club: Nürnberg
Number: 195

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:03:33

Speed: 10.35 km/h
Running performance: 5:47 min/km

Rank in course/Total: 49 (of 289)

Rank in course/Men: 49 (of 261)

Best time in course: 3:20:36

Rank in category: 13(of 55)

Best time in the category: 3:28:58

Intermediate times				Stage score				Total ranking						
Control	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	28:43	5:26	13	5:30	67	6:21	5.27	28:43	5:26	29		58	
Lap 2	5.27	27:50	5:16	11	3:20	49	4:24	10.54	56:33	5:21	39		54	
Lap 3	5.27	28:19	5:22	12	3:42	50	4:41	15.81	1:24:52	5:22	41		53	
Lap 4	5.27	28:55	5:29	11	3:54	45	4:17	21.08	1:53:47	5:23	38		51	
Lap 5	5.27	30:04	5:42	12	3:46	46	4:45	26.35	2:23:51	5:27	27		46	21:02
Lap 6	5.27	31:16	5:55	12	3:41	48	5:25	31.62	2:55:07	5:32	40		50	26:21
Lap 7	5.27	34:13	6:29	13	5:42	61	8:06	36.89	3:29:20	5:40	37		42	34:27
Last lap Finish	5.27	34:13	6:29	14	6:35	63	8:30	42.16	4:03:33	5:46	15	2:26:20	59	3:36:46