



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STRACK, Erich

Club: DUV

Number: 361

Course: 42.16 km
Marathon

Category:

Männer M45

Total time: 4:06:22

Speed: 10.23 km/h

Running performance: 5:50 min/km

Rank in course/Total: 51 (of 289)

Rank in course/Men: 50 (of 261)

Best time in course: 3:20:36

Rank in category: 8(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	25:49	4:53	5	2:26	25	3:27	5.27	25:49	4:53	34		60		
Lap 2	5.27	26:35	5:02	5	1:58	26	3:09	10.54	52:24	4:58	28		56		
Lap 3	5.27	30:59	5:52	20	5:38	101	7:21	15.81	1:23:23	5:16	33		55		
Lap 4	5.27	31:38	6:00	18	4:48	96	7:00	21.08	1:55:01	5:27	26		53		
Lap 5	5.27	30:31	5:47	8	2:53	55	5:12	26.35	2:25:32	5:31	31		48	22:43	
Lap 6	5.27	33:47	6:24	15	5:35	82	7:56	31.62	2:59:19	5:40	44		230	30:33	
Lap 7	5.27	33:01	6:15	9	4:50	47	6:54	36.89	3:32:20	5:45	31		44	37:27	
Last lap Finish	5.27	34:02	6:27	13	5:39	61	8:19	42.16	4:06:22	5:50	9	2:45:36	60	3:39:35	