



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GALLENKAMP, Guido

Club: LG Wuppertal
Number: 86

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:06:44

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 52 (of 289)

Rank in course/Men: 51 (of 261)

Best time in course: 3:20:36

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	24:02	4:33	4	0:25	7	1:40	5.27	24:02	4:33	22		61	
Lap 2	5.27	25:29	4:50	5	0:56	14	2:03	10.54	49:31	4:41	25		57	
Lap 3	5.27	26:33	5:02	6	2:15	17	2:55	15.81	1:16:04	4:48	22		56	
Lap 4	5.27	28:04	5:19	8	3:25	30	3:26	21.08	1:44:08	4:56	25		54	
Lap 5	5.27	33:31	6:21	19	8:05	109	8:12	26.35	2:17:39	5:13	20		49	14:50
Lap 6	5.27	33:57	6:26	14	8:06	86	8:06	31.62	2:51:36	5:25	25	13:35	52	22:50
Lap 7	5.27	38:06	7:13	16	11:55	114	11:59	36.89	3:29:42	5:41	19		45	34:49
Last lap Finish	5.27	37:02	7:01	16	10:58	101	11:19	42.16	4:06:44	5:51	11	44:01	61	3:39:57