



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DILLING, Matthias

Club: SV Empor Berlin
Number: 49

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 4:07:00

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 53 (of 289)

Rank in course/Men: 52 (of 261)

Best time in course: 3:20:36

Rank in category: 5(of 22)

Best time in the category: 3:31:12

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	29:00	5:30	7	4:58	80	6:38	5.27	29:00	5:30	16		62	
Lap 2	5.27	29:33	5:36	8	4:44	85	6:07	10.54	58:33	5:33	10	4:58	58	
Lap 3	5.27	30:09	5:43	8	5:15	80	6:31	15.81	1:28:42	5:36	16		57	
Lap 4	5.27	31:29	5:58	11	5:58	91	6:51	21.08	2:00:11	5:42	14	11:53	214	
Lap 5	5.27	31:12	5:55	8	5:12	69	5:53	26.35	2:31:23	5:44	15		50	28:34
Lap 6	5.27	32:03	6:04	7	5:04	60	6:12	31.62	3:03:26	5:48	19		237	34:40
Lap 7	5.27	32:32	6:10	5	4:12	43	6:25	36.89	3:35:58	5:51	15		46	41:05
Last lap Finish	5.27	31:02	5:53	5	4:15	27	5:19	42.16	4:07:00	5:51	8	3:40:13	62	3:40:13