



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHWARZENBERG, Frank

Club: Heidetreter Nordsachsen
Number: 342

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:07:10

Speed: 10.23 km/h
Running performance: 5:52 min/km

Rank in course/Total: 54 (of 289)

Rank in course/Men: 53 (of 261)

Best time in course: 3:20:36

Rank in category: 9(of 50)

Best time in the category: 3:39:13

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	28:19	5:22	11	4:56	59	5:57	5.27	28:19	5:22	35		63	
Lap 2	5.27	29:15	5:33	13	4:38	79	5:49	10.54	57:34	5:27	29		59	
Lap 3	5.27	29:05	5:31	10	3:44	61	5:27	15.81	1:26:39	5:28	34		58	
Lap 4	5.27	30:14	5:44	11	3:24	68	5:36	21.08	1:56:53	5:32	27		55	
Lap 5	5.27	31:17	5:56	13	3:39	71	5:58	26.35	2:28:10	5:37	32		51	25:21
Lap 6	5.27	31:55	6:03	10	3:43	57	6:04	31.62	3:00:05	5:41	45		231	31:19
Lap 7	5.27	33:49	6:25	13	5:38	53	7:42	36.89	3:33:54	5:47	32		47	39:01
Last lap Finish	5.27	33:16	6:18	11	4:53	52	7:33	42.16	4:07:10	5:51	10	2:46:24	63	3:40:23