



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DOBRITZ, Ralf

Club: Laufclub Freiberg
Number: 53

Course: 31.62 km
3/4 Marathon

Category:
Männer M40

Total time: 4:08:28

Speed: 7.49 km/h
Running performance: 7:52 min/km

Rank in course/Total: 18 (of 23)

Rank in course/Men: 18 (of 21)

Best time in course: 2:26:37

Rank in category: 6(of 6)

Best time in the category: 2:49:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	5.27	36:50	6:59	5	12:34	19	15:12	5.27	36:50	6:59	6	11:27	6	3:25
Lap 2	5.27	36:25	6:54	6	10:57	20	14:00	10.54	1:13:15	6:56	4	21:09	4	26:06
Lap 3	5.27	36:17	6:53	5	9:00	17	12:57	15.81	1:49:32	6:55	6	29:59	6	10:27
Lap 4	5.27	37:15	7:04	5	9:19	14	12:44	21.08	2:26:47	6:57	5	39:18	6	11:51
Lap 5	5.27	37:43	7:09	3	8:25	10	12:42	26.35	3:04:30	7:00	6	47:43	6	12:46
Last lap Finish	5.27	1:03:58	12:08	6	30:56	20	34:16	31.62	4:08:28	7:51	6	1:18:39	18	1:41:51