



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SÜßMANN, René

Club: Running Team Süßmann
Number: 367

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:08:32

Speed: 10.14 km/h
Running performance: 5:54 min/km

Rank in course/Total: 57 (of 289)

Rank in course/Men: 55 (of 261)

Best time in course: 3:20:36

Rank in category: 11(of 42)

Best time in the category: 3:29:26

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	27:16	5:10	6	4:54	47	4:54	5.27	27:16	5:10	35		65	
Lap 2	5.27	28:17	5:22	10	4:51	58	4:51	10.54	55:33	5:16	29		61	
Lap 3	5.27	29:21	5:34	13	5:43	69	5:43	15.81	1:24:54	5:22	33		60	
Lap 4	5.27	29:58	5:41	12	4:56	62	5:20	21.08	1:54:52	5:26	29		57	
Lap 5	5.27	30:50	5:51	13	4:41	62	5:31	26.35	2:25:42	5:31	30		53	22:53
Lap 6	5.27	32:13	6:06	13	5:42	62	6:22	31.62	2:57:55	5:37	20		54	29:09
Lap 7	5.27	36:24	6:54	13	8:45	91	10:17	36.89	3:34:19	5:48	19		49	39:26
Last lap Finish	5.27	34:13	6:29	11	7:36	63	8:30	42.16	4:08:32	5:53	14	2:42:39	65	3:41:45