



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**AUST, Frank**

Club: Die Otternasen  
Number: 6

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:10:02

Speed: 10.08 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 61 (of 289)

Rank in course/Men: 59 (of 261)

Best time in course: 3:20:36

Rank in category: 14(of 55)

Best time in the category: 3:28:58

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	28:53	5:28	14	5:40	75	6:31	5.27	28:53	5:28	44			69	
Lap 2	5.27	28:54	5:29	16	4:24	72	5:28	10.54	57:47	5:28	41			64	
Lap 3	5.27	29:27	5:35	17	4:50	72	5:49	15.81	1:27:14	5:31	28			64	
Lap 4	5.27	30:44	5:49	16	5:43	76	6:06	21.08	1:57:58	5:35	39			60	
Lap 5	5.27	30:56	5:52	14	4:38	63	5:37	26.35	2:28:54	5:39	40			57	26:05
Lap 6	5.27	32:23	6:08	15	4:48	67	6:32	31.62	3:01:17	5:43	53			232	32:31
Lap 7	5.27	34:31	6:32	15	6:00	66	8:24	36.89	3:35:48	5:50	25			53	40:55
Last lap Finish	5.27	34:14	6:29	15	6:36	66	8:31	42.16	4:10:02	5:55	16	2:32:49		69	3:43:15