



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KALAT, Josef

Club: AK Litvinov
Number: 157

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:12:42

Speed: 9.97 km/h
Running performance: 5:59 min/km

Rank in course/Total: 66 (of 289)

Rank in course/Men: 63 (of 261)

Best time in course: 3:20:36

Rank in category: 2(of 21)

Best time in the category: 4:02:33

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	26:03	4:56	1	-	28	3:41	5.27	26:03	4:56	19	-	73	
Lap 2	5.27	27:37	5:14	2	0:23	45	4:11	10.54	53:40	5:05	1	-	68	
Lap 3	5.27	28:43	5:26	3	0:15	58	5:05	15.81	1:22:23	5:12	21	-	68	
Lap 4	5.27	29:54	5:40	2	0:41	59	5:16	21.08	1:52:17	5:19	18	-	64	
Lap 5	5.27	31:14	5:55	3	1:24	70	5:55	26.35	2:23:31	5:26	19	-	61	20:42
Lap 6	5.27	33:40	6:23	4	1:48	78	7:49	31.62	2:57:11	5:36	18	-	61	28:25
Lap 7	5.27	38:24	7:17	7	4:25	119	12:17	36.89	3:35:35	5:50	1	-	57	40:42
Last lap Finish	5.27	37:07	7:02	5	2:24	105	11:24	42.16	4:12:42	5:59	2	10:09	73	3:45:55