



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GUNIA, Torsten

Club: SV Post Telekom Schwerin
Number: 102

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:12:51

Speed: 9.97 km/h
Running performance: 6:00 min/km

Rank in course/Total: 67 (of 289)

Rank in course/Men: 64 (of 261)

Best time in course: 3:20:36

Rank in category: 10(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.	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	25:47	4:53	4	2:24	23	3:25	5.27	25:47	4:53	36		74	
Lap 2	5.27	27:29	5:12	8	2:52	42	4:03	10.54	53:16	5:03	30		69	
Lap 3	5.27	28:34	5:25	8	3:13	56	4:56	15.81	1:21:50	5:10	35		69	
Lap 4	5.27	29:56	5:40	10	3:06	61	5:18	21.08	1:51:46	5:18	28		65	
Lap 5	5.27	32:45	6:12	19	5:07	91	7:26	26.35	2:24:31	5:29	33		62	21:42
Lap 6	5.27	34:29	6:32	22	6:17	101	8:38	31.62	2:59:00	5:39	43		229	30:14
Lap 7	5.27	36:57	7:00	22	8:46	99	10:50	36.89	3:35:57	5:51	33		58	41:04
Last lap Finish	5.27	36:54	7:00	21	8:31	96	11:11	42.16	4:12:51	5:59	11	2:52:05	74	3:46:04