



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BÖHME, Kai

Club: Team Triple X
Number: 25

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:15:09

Speed: 9.88 km/h
Running performance: 6:03 min/km

Rank in course/Total: 72 (of 289)

Rank in course/Men: 68 (of 261)

Best time in course: 3:20:36

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	30:44	5:49	24	7:31	108	8:22	5.27	30:44	5:49	45		78	
Lap 2	5.27	28:18	5:22	13	3:48	59	4:52	10.54	59:02	5:36	42		194	
Lap 3	5.27	28:29	5:24	13	3:52	53	4:51	15.81	1:27:31	5:32	43		73	
Lap 4	5.27	31:12	5:55	17	6:11	80	6:34	21.08	1:58:43	5:37	26		68	
Lap 5	5.27	33:50	6:25	27	7:32	119	8:31	26.35	2:32:33	5:47	41		66	29:44
Lap 6	5.27	32:17	6:07	14	4:42	65	6:26	31.62	3:04:50	5:50	41		63	36:04
Lap 7	5.27	37:34	7:07	23	9:03	106	11:27	36.89	3:42:24	6:01	39		62	47:31
Last lap Finish	5.27	32:45	6:12	12	5:07	45	7:02	42.16	4:15:09	6:03	17	2:37:56	78	3:48:22