



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**NOTZ, Johannes**

Club: BSG Flughafen Stuttgart  
Number: 252

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:15:50

Speed: 9.85 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 74 (of 289)

Rank in course/Men: 70 (of 261)

Best time in course: 3:20:36

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	32:49	6:13	30	9:26	154	10:27	5.27	32:49	6:13	40	1:09	80	
Lap 2	5.27	32:00	6:04	28	7:23	144	8:34	10.54	1:04:49	6:08	21	0:07	73	
Lap 3	5.27	30:56	5:52	19	5:35	100	7:18	15.81	1:35:45	6:03	39		75	
Lap 4	5.27	31:33	5:59	17	4:43	93	6:55	21.08	2:07:18	6:02	49		245	
Lap 5	5.27	31:52	6:02	17	4:14	80	6:33	26.35	2:39:10	6:02	37		68	36:21
Lap 6	5.27	31:51	6:02	9	3:39	55	6:00	31.62	3:11:01	6:02	34		65	42:15
Lap 7	5.27	32:25	6:09	7	4:14	42	6:18	36.89	3:43:26	6:03	24		64	48:33
Last lap Finish	5.27	32:24	6:08	5	4:01	41	6:41	42.16	4:15:50	6:04	15	2:55:04	80	3:49:03