



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHIETZEL, Heiko

Club: LG-Priestewitz
Number: 312

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:16:21

Speed: 9.83 km/h
Running performance: 6:05 min/km

Rank in course/Total: 77 (of 289)

Rank in course/Men: 73 (of 261)

Best time in course: 3:20:36

Rank in category: 16(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	33:39	6:23	38	10:16	179	11:17	5.27	33:39	6:23	42	1:59	83	
Lap 2	5.27	30:47	5:50	24	6:10	121	7:21	10.54	1:04:26	6:06	45		233	
Lap 3	5.27	30:20	5:45	14	4:59	86	6:42	15.81	1:34:46	5:59	41		78	
Lap 4	5.27	30:32	5:47	13	3:42	74	5:54	21.08	2:05:18	5:56	46		234	
Lap 5	5.27	30:40	5:49	9	3:02	57	5:21	26.35	2:35:58	5:55	39		71	33:09
Lap 6	5.27	31:25	5:57	8	3:13	50	5:34	31.62	3:07:23	5:55	48		242	38:37
Lap 7	5.27	34:23	6:31	14	6:12	63	8:16	36.89	3:41:46	6:00	39		67	46:53
Last lap Finish	5.27	34:35	6:33	14	6:12	67	8:52	42.16	4:16:21	6:04	17	2:55:35	83	3:49:34