



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WOLF, Stefan

Club: LG Priestewitz
Number: 377

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 4:18:19

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 82 (of 289)

Rank in course/Men: 78 (of 261)

Best time in course: 3:20:36

Rank in category: 7(of 22)

Best time in the category: 3:31:12

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	17	9:37	179	11:17	5.27	33:39	6:23	14			83
Lap 2	5.27	30:46	5:50	13	5:57	117	7:20	10.54	1:04:25	6:06	20	10:50		231
Lap 3	5.27	30:21	5:45	9	5:27	89	6:43	15.81	1:34:46	5:59	14			78
Lap 4	5.27	30:29	5:47	6	4:58	73	5:51	21.08	2:05:15	5:56	16	16:57		231
Lap 5	5.27	30:44	5:49	6	4:44	58	5:25	26.35	2:35:59	5:55	13			76 33:10
Lap 6	5.27	31:24	5:57	6	4:25	49	5:33	31.62	3:07:23	5:55	20			242 38:37
Lap 7	5.27	33:53	6:25	7	5:33	56	7:46	36.89	3:41:16	5:59	13			72 46:23
Last lap Finish	5.27	37:03	7:01	10	10:16	102	11:20	42.16	4:18:19	6:07	10	3:51:32		88 3:51:32