



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KÜTTHER, Lars

Club: EnergieConcept Sports
Number: 190

Course: 31.62 km
3/4 Marathon

Category:
Männer M30

Total time: 4:18:49

Speed: 7.19 km/h
Running performance: 8:11 min/km

Rank in course/Total: 21 (of 23)

Rank in course/Men: 21 (of 21)

Best time in course: 2:26:37

Rank in category: 3(of 3)

Best time in the category: 2:43:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	5.27	33:38	6:22	3	10:31	11	12:00	5.27	33:38	6:22	3	10:31	3	0:13
Lap 2	5.27	35:20	6:42	3	11:18	17	12:55	10.54	1:08:58	6:32	3	21:49	19	21:49
Lap 3	5.27	36:24	6:54	3	11:38	19	13:04	15.81	1:45:22	6:39	3	33:27	3	6:17
Lap 4	5.27	39:25	7:28	3	12:56	19	14:54	21.08	2:24:47	6:52	3	46:23	3	9:51
Lap 5	5.27	48:03	9:07	3	18:38	21	23:02	26.35	3:12:50	7:19	3	1:05:01	3	21:06
Last lap Finish	5.27	1:05:59	12:31	3	30:04	21	36:17	31.62	4:18:49	8:11	3	1:35:05	21	1:52:12