



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SOFF, Andreas

Club: 101 Marathon Club
Number: 349

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:18:51

Speed: 9.74 km/h
Running performance: 6:08 min/km

Rank in course/Total: 84 (of 289)

Rank in course/Men: 80 (of 261)

Best time in course: 3:20:36

Rank in category: 6(of 32)

Best time in the category: 3:20:36

Control	Intermediate times				Stage score				Total ranking					
	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	34:01	6:27	17	9:58	189	11:39	5.27	34:01	6:27	26		90	
Lap 2	5.27	32:46	6:13	15	8:32	163	9:20	10.54	1:06:47	6:20	20	18:26	78	
Lap 3	5.27	32:44	6:12	11	8:13	148	9:06	15.81	1:39:31	6:17	26		85	
Lap 4	5.27	32:53	6:14	9	8:15	129	8:15	21.08	2:12:24	6:16	25		75	0:44
Lap 5	5.27	30:16	5:44	5	4:57	48	4:57	26.35	2:42:40	6:10	24		78	39:51
Lap 6	5.27	30:35	5:48	5	4:38	42	4:44	31.62	3:13:15	6:06	15		71	44:29
Lap 7	5.27	31:45	6:01	4	5:38	35	5:38	36.89	3:45:00	6:05	24		74	50:07
Last lap Finish	5.27	33:51	6:25	7	8:08	60	8:08	42.16	4:18:51	6:08	7	2:57:18	90	3:52:04