



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**KRETZSCHMAR, Manfred**

Club: Ichttershausen  
Number: 179

Course: 42.16 km  
Marathon

Category:  
Männer M55

Total time: 4:19:08

Speed: 9.76 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 85 (of 289)

Rank in course/Men: 81 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 21)

Best time in the category: 4:02:33

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	26:03	4:56	1	-	28	3:41	5.27	26:03	4:56	19		73	
Lap 2	5.27	27:14	5:10	1	-	37	3:48	10.54	53:17	5:03	14		79	
Lap 3	5.27	28:29	5:24	2	0:01	53	4:51	15.81	1:21:46	5:10	19		86	
Lap 4	5.27	31:54	6:03	5	2:41	102	7:16	21.08	1:53:40	5:23	16		76	
Lap 5	5.27	35:00	6:38	9	5:10	143	9:41	26.35	2:28:40	5:38	17		79	25:51
Lap 6	5.27	37:11	7:03	9	5:19	143	11:20	31.62	3:05:51	5:52	16		72	37:05
Lap 7	5.27	37:30	7:06	6	3:31	104	11:23	36.89	3:43:21	6:03	16	7:46	75	48:28
Last lap Finish	5.27	35:47	6:47	4	1:04	82	10:04	42.16	4:19:08	6:08	4	16:35	91	3:52:21