



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FISCHER, Kay

Club: SV Reinstetten
Number: 74

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:19:49

Speed: 9.70 km/h
Running performance: 6:10 min/km

Rank in course/Total: 88 (of 289)

Rank in course/Men: 84 (of 261)

Best time in course: 3:20:36

Rank in category: 16(of 31)

Best time in the category: 3:22:43

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	27:11	5:09	13	3:34	42	4:49	5.27	27:11	5:09	1	-	76	
Lap 2	5.27	27:59	5:18	13	3:26	51	4:33	10.54	55:10	5:14	1	-	80	
Lap 3	5.27	29:22	5:34	15	5:04	70	5:44	15.81	1:24:32	5:20	1	-	89	
Lap 4	5.27	29:52	5:40	14	5:13	58	5:14	21.08	1:54:24	5:25	1	-	79	
Lap 5	5.27	31:23	5:57	13	5:57	73	6:04	26.35	2:25:47	5:31	1	-	41	22:58
Lap 6	5.27	35:40	6:46	19	9:49	119	9:49	31.62	3:01:27	5:44	29	23:26	233	32:41
Lap 7	5.27	38:43	7:20	19	12:32	128	12:36	36.89	3:40:10	5:58	1	-	59	45:17
Last lap Finish	5.27	39:39	7:31	18	13:35	132	13:56	42.16	4:19:49	6:09	16	57:06	94	3:53:02