



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**POERSCHKE, Ralf**

Club: MSV Eintracht Halberstadt  
Number: 275

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:20:54

Speed: 9.66 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 89 (of 289)

Rank in course/Men: 85 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	29:22	5:34	16	5:59	84	7:00	5.27	29:22	5:34	45		95	
Lap 2	5.27	29:19	5:33	14	4:42	81	5:53	10.54	58:41	5:34	34		81	
Lap 3	5.27	30:23	5:45	16	5:02	91	6:45	15.81	1:29:04	5:38	44		90	
Lap 4	5.27	31:28	5:58	16	4:38	89	6:50	21.08	2:00:32	5:43	36		80	
Lap 5	5.27	32:03	6:04	18	4:25	84	6:44	26.35	2:32:35	5:47	42		83	29:46
Lap 6	5.27	34:20	6:30	21	6:08	97	8:29	31.62	3:06:55	5:54	37		74	38:09
Lap 7	5.27	37:25	7:05	24	9:14	102	11:18	36.89	3:44:20	6:04	42		79	49:27
Last lap Finish	5.27	36:34	6:56	19	8:11	93	10:51	42.16	4:20:54	6:11	20	3:00:08	95	3:54:07