



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GIERER, Philip

Club: TC FIKO Rostock
Number: 91

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:21:56

Speed: 9.62 km/h
Running performance: 6:13 min/km

Rank in course/Total: 90 (of 289)

Rank in course/Men: 86 (of 261)

Best time in course: 3:20:36

Rank in category: 15(of 42)

Best time in the category: 3:29:26

| 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 | 33:05 | 6:16 | 29 | 10:43 | 161 | 10:43 | 5.27 | 33:05 | 6:16 | 10 | | | 96 |
| Lap 2 | 5.27 | 33:43 | 6:23 | 34 | 10:17 | 185 | 10:17 | 10.54 | 1:06:48 | 6:20 | 32 | 5:03 | | 82 |
| Lap 3 | 5.27 | 33:24 | 6:20 | 32 | 9:46 | 165 | 9:46 | 15.81 | 1:40:12 | 6:20 | 37 | | | 91 |
| Lap 4 | 5.27 | 33:12 | 6:17 | 25 | 8:10 | 138 | 8:34 | 21.08 | 2:13:24 | 6:19 | 32 | | | 81 1:44 |
| Lap 5 | 5.27 | 33:14 | 6:18 | 17 | 7:05 | 100 | 7:55 | 26.35 | 2:46:38 | 6:19 | 34 | | | 84 43:49 |
| Lap 6 | 5.27 | 31:28 | 5:58 | 12 | 4:57 | 51 | 5:37 | 31.62 | 3:18:06 | 6:15 | 33 | | | 75 49:20 |
| Lap 7 | 5.27 | 31:06 | 5:54 | 6 | 3:27 | 27 | 4:59 | 36.89 | 3:49:12 | 6:12 | 32 | | | 80 54:19 |
| Last lap Finish | 5.27 | 32:44 | 6:12 | 8 | 6:07 | 44 | 7:01 | 42.16 | 4:21:56 | 6:12 | 18 | 2:56:03 | | 96 3:55:09 |