



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**STROBEL, Gerd**

Club: TV Helmbrechts  
Number: 365

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M45

Total time: 3:35:39

Speed: 8.80 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 12 (of 23)

Rank in course/Men: 12 (of 21)

Best time in course: 2:26:37

Rank in category: 3(of 5)

Best time in the category: 3:04:24

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	34:59	6:38	4	5:17	17	13:21	5.27	34:59	6:38	5	5:17	2	1:34
Lap 2	5.27	34:01	6:27	3	4:34	14	11:36	10.54	1:09:00	6:32	4		20	21:51
Lap 3	5.27	34:07	6:28	3	3:56	11	10:47	15.81	1:43:07	6:31	5	12:39	2	4:02
Lap 4	5.27	35:12	6:40	3	4:57	9	10:41	21.08	2:18:19	6:33	5	17:36	2	3:23
Lap 5	5.27	36:55	7:00	2	5:39	8	11:54	26.35	2:55:14	6:39	5	23:15	2	3:30
Last lap Finish	5.27	40:25	7:40	2	8:00	8	10:43	31.62	3:35:39	6:49	3	31:15	12	1:09:02