



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HÖFER, Mike

Club: TUS Griesheim
Number: 126

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:23:45

Speed: 9.55 km/h
Running performance: 6:16 min/km

Rank in course/Total: 92 (of 289)

Rank in course/Men: 88 (of 261)

Best time in course: 3:20:36

Rank in category: 16(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	33:23	6:20	31	11:01	168	11:01	5.27	33:23	6:20	40		98	
Lap 2	5.27	31:49	6:02	26	8:23	138	8:23	10.54	1:05:12	6:11	37	3:27	234	
Lap 3	5.27	32:14	6:06	22	8:36	137	8:36	15.81	1:37:26	6:09	38		93	
Lap 4	5.27	32:28	6:09	21	7:26	119	7:50	21.08	2:09:54	6:09	30		82	
Lap 5	5.27	33:17	6:18	18	7:08	101	7:58	26.35	2:43:11	6:11	35		86	40:22
Lap 6	5.27	35:01	6:38	16	8:30	108	9:10	31.62	3:18:12	6:16	34		77	49:26
Lap 7	5.27	33:51	6:25	10	6:12	54	7:44	36.89	3:52:03	6:17	33		82	57:10
Last lap Finish	5.27	31:42	6:00	6	5:05	34	5:59	42.16	4:23:45	6:15	19	2:57:52	98	3:56:58