



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MONTCRU, Julien

Club: Hamburg
Number: 236

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:23:46

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

Rank in course/Total: 93 (of 289)

Rank in course/Men: 89 (of 261)

Best time in course: 3:20:36

Rank in category: 17(of 42)

Best time in the category: 3:29:26

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	28:08	5:20	9	5:46	57	5:46	5.27	28:08	5:20	41		99	
Lap 2	5.27	27:57	5:18	6	4:31	50	4:31	10.54	56:05	5:19	2		83	
Lap 3	5.27	28:36	5:25	12	4:58	57	4:58	15.81	1:24:41	5:21	39		94	
Lap 4	5.27	30:05	5:42	14	5:03	67	5:27	21.08	1:54:46	5:26	2		83	
Lap 5	5.27	33:09	6:17	16	7:00	96	7:50	26.35	2:27:55	5:36	36		87	25:06
Lap 6	5.27	35:20	6:42	18	8:49	113	9:29	31.62	3:03:15	5:47	37		236	34:29
Lap 7	5.27	39:25	7:28	23	11:46	143	13:18	36.89	3:42:40	6:02	34		83	47:47
Last lap Finish	5.27	41:06	7:47	28	14:29	155	15:23	42.16	4:23:46	6:15	20	2:57:53	99	3:56:59