



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GÜNSCH, Lars

Club: sc impuls erfurt
Number: 423

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:24:23

Speed: 9.53 km/h
Running performance: 6:16 min/km

Rank in course/Total: 94 (of 289)

Rank in course/Men: 90 (of 261)

Best time in course: 3:20:36

Rank in category: 18(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	30:07	5:42	20	7:45	92	7:45	5.27	30:07	5:42	42		100	
Lap 2	5.27	30:22	5:45	19	6:56	99	6:56	10.54	1:00:29	5:44	3		84	
Lap 3	5.27	31:02	5:53	18	7:24	105	7:24	15.81	1:31:31	5:47	40		95	
Lap 4	5.27	31:27	5:58	17	6:25	84	6:49	21.08	2:02:58	5:50	35		223	
Lap 5	5.27	34:04	6:27	20	7:55	124	8:45	26.35	2:37:02	5:57	37		88	34:13
Lap 6	5.27	35:01	6:38	16	8:30	108	9:10	31.62	3:12:03	6:04	35		78	43:17
Lap 7	5.27	36:02	6:50	12	8:23	87	9:55	36.89	3:48:05	6:10	35		84	53:12
Last lap Finish	5.27	36:18	6:53	14	9:41	92	10:35	42.16	4:24:23	6:16	21	2:58:30	100	3:57:36