



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FLUES, Michael

Club: LaufTeam TSV Waldenbuch
Number: 76

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:24:54

Speed: 9.51 km/h
Running performance: 6:17 min/km

Rank in course/Total: 95 (of 289)

Rank in course/Men: 91 (of 261)

Best time in course: 3:20:36

Rank in category: 5(of 21)

Best time in the category: 4:02:33

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	33:04	6:16	10	7:01	159	10:42	5.27	33:04	6:16	18	1:41	101	
Lap 2	5.27	32:31	6:10	10	5:17	159	9:05	10.54	1:05:35	6:13	13	11:55	85	
Lap 3	5.27	32:35	6:10	10	4:07	146	8:57	15.81	1:38:10	6:12	18	2:42	96	
Lap 4	5.27	32:19	6:07	6	3:06	115	7:41	21.08	2:10:29	6:11	15	0:49	84	
Lap 5	5.27	32:22	6:08	5	2:32	87	7:03	26.35	2:42:51	6:10	16		89	40:02
Lap 6	5.27	33:02	6:16	3	1:10	72	7:11	31.62	3:15:53	6:11	15		79	47:07
Lap 7	5.27	34:09	6:28	2	0:10	60	8:02	36.89	3:50:02	6:14	15	14:27	85	55:09
Last lap Finish	5.27	34:52	6:36	2	0:09	71	9:09	42.16	4:24:54	6:16	5	22:21	101	3:58:07