



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LAUCHSTEDT, Jörg

Club: Jena
Number: 129

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:24:59

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

Rank in course/Total: 96 (of 289)

Rank in course/Men: 92 (of 261)

Best time in course: 3:20:36

Rank in category: 18(of 31)

Best time in the category: 3:22:43

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	27:08	5:08	12	3:31	40	4:46	5.27	27:08	5:08	15		102	
Lap 2	5.27	27:40	5:14	12	3:07	46	4:14	10.54	54:48	5:11	12		86	
Lap 3	5.27	29:42	5:38	16	5:24	76	6:04	15.81	1:24:30	5:20	15		97	
Lap 4	5.27	31:32	5:59	18	6:53	92	6:54	21.08	1:56:02	5:30	13	1:38	85	
Lap 5	5.27	32:53	6:14	16	7:27	92	7:34	26.35	2:28:55	5:39	13	3:08	90	26:06
Lap 6	5.27	35:11	6:40	18	9:20	110	9:20	31.62	3:04:06	5:49	30	26:05	238	35:20
Lap 7	5.27	39:11	7:26	20	13:00	138	13:04	36.89	3:43:17	6:03	12	3:07	86	48:24
Last lap Finish	5.27	41:42	7:54	22	15:38	163	15:59	42.16	4:24:59	6:17	18	1:02:16	102	3:58:12