



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PFLEIDERER, Jan

Club: LG Stadtwerke München
Number: 268

Course: 21.08 km
Halbmarathon

Category:
Männer M30

Total time: 2:10:43

Speed: 9.64 km/h
Running performance: 6:12 min/km

Rank in course/Total: 12 (of 53)

Rank in course/Men: 11 (of 39)

Best time in course: 1:49:45

Rank in category: 2(of 3)

Best time in the category: 1:49:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	30:16	5:44	2	4:40	6	4:40	5.27	30:16	5:44	2	4:40	30	
Lap 2	5.27	30:55	5:51	2	4:57	8	4:57	10.54	1:01:11	5:48	2	9:37	32	
Lap 3	5.27	31:19	5:56	2	3:37	6	3:37	15.81	1:32:30	5:51	2	13:14	29	
Last lap Finish	5.27	38:13	7:15	3	7:44	20	8:32	21.08	2:10:43	6:12	2	20:58	11	20:58