



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MANTIK, Boris

Club: ULG / TV Flein
Number: 217

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:29:03

Speed: 9.37 km/h
Running performance: 6:23 min/km

Rank in course/Total: 103 (of 289)

Rank in course/Men: 99 (of 261)

Best time in course: 3:20:36

Rank in category: 18(of 55)

Best time in the category: 3:28:58

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	33:28	6:21	39	10:15	173	11:06	5.27	33:28	6:21	48	0:01	109		
Lap 2	5.27	32:02	6:04	32	7:32	147	8:36	10.54	1:05:30	6:12	38			91	
Lap 3	5.27	32:01	6:04	30	7:24	130	8:23	15.81	1:37:31	6:10	46	7:19		104	
Lap 4	5.27	33:14	6:18	32	8:13	139	8:36	21.08	2:10:45	6:12	42			92	
Lap 5	5.27	33:13	6:18	22	6:55	98	7:54	26.35	2:43:58	6:13	44			97	41:09
Lap 6	5.27	34:41	6:34	20	7:06	103	8:50	31.62	3:18:39	6:16	44			84	49:53
Lap 7	5.27	35:07	6:39	18	6:36	76	9:00	36.89	3:53:46	6:20	42			93	58:53
Last lap Finish	5.27	35:17	6:41	16	7:39	75	9:34	42.16	4:29:03	6:22	20	2:51:50		109	4:02:16