



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FASTNER, Christian

Club: Oberhausen
Number: 67

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:30:06

Speed: 9.33 km/h
Running performance: 6:25 min/km

Rank in course/Total: 107 (of 289)

Rank in course/Men: 103 (of 261)

Best time in course: 3:20:36

Rank in category: 20(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	30:37	5:48	22	7:24	106	8:15	5.27	30:37	5:48	46			82
Lap 2	5.27	30:54	5:51	26	6:24	125	7:28	10.54	1:01:31	5:50	23			94
Lap 3	5.27	32:04	6:05	31	7:27	131	8:26	15.81	1:33:35	5:55	48	3:23		108
Lap 4	5.27	32:52	6:14	29	7:51	128	8:14	21.08	2:06:27	5:59	53			244
Lap 5	5.27	33:49	6:25	26	7:31	118	8:30	26.35	2:40:16	6:04	46			101 37:27
Lap 6	5.27	35:30	6:44	24	7:55	115	9:39	31.62	3:15:46	6:11	46			88 47:00
Lap 7	5.27	37:20	7:05	22	8:49	101	11:13	36.89	3:53:06	6:19	44			97 58:13
Last lap Finish	5.27	37:00	7:01	23	9:22	99	11:17	42.16	4:30:06	6:24	22	2:52:53	113	4:03:19