



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

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Club: Jogmap Ruhr
Number: 11

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:30:16

Speed: 9.36 km/h
Running performance: 6:25 min/km

Rank in course/Total: 110 (of 289)

Rank in course/Men: 106 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 42)

Best time in the category: 3:29:26

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	33:02	6:16	28	10:40	158	10:40	5.27	33:02	6:16	12		114	
Lap 2	5.27	29:43	5:38	18	6:17	87	6:17	10.54	1:02:45	5:57	8	1:00	95	
Lap 3	5.27	30:09	5:43	14	6:31	80	6:31	15.81	1:32:54	5:52	12		109	
Lap 4	5.27	31:38	6:00	18	6:36	96	7:00	21.08	2:04:32	5:54	3		94	
Lap 5	5.27	35:06	6:39	29	8:57	145	9:47	26.35	2:39:38	6:03	28		102	36:49
Lap 6	5.27	35:35	6:45	19	9:04	116	9:44	31.62	3:15:13	6:10	36		89	46:27
Lap 7	5.27	37:55	7:11	17	10:16	111	11:48	36.89	3:53:08	6:19	28		98	58:15
Last lap Finish	5.27	37:08	7:02	17	10:31	106	11:25	42.16	4:30:16	6:24	22	3:04:23	116	4:03:29