



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

OST, Thomas

Club: BvB 09
Number: 255

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:30:23

Speed: 9.32 km/h
Running performance: 6:25 min/km

Rank in course/Total: 111 (of 289)

Rank in course/Men: 107 (of 261)

Best time in course: 3:20:36

Rank in category: 22(of 50)

Best time in the category: 3:39:13

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 | 29:00 | 5:30 | 15 | 5:37 | 80 | 6:38 | 5.27 | 29:00 | 5:30 | 48 | | 62 | |
| Lap 2 | 5.27 | 30:05 | 5:42 | 16 | 5:28 | 93 | 6:39 | 10.54 | 59:05 | 5:36 | 36 | | 195 | |
| Lap 3 | 5.27 | 30:49 | 5:50 | 17 | 5:28 | 96 | 7:11 | 15.81 | 1:29:54 | 5:41 | 47 | | 110 | |
| Lap 4 | 5.27 | 32:04 | 6:05 | 21 | 5:14 | 104 | 7:26 | 21.08 | 2:01:58 | 5:47 | 40 | | 218 | |
| Lap 5 | 5.27 | 34:25 | 6:31 | 25 | 6:47 | 133 | 9:06 | 26.35 | 2:36:23 | 5:56 | 45 | | 103 | 33:34 |
| Lap 6 | 5.27 | 36:06 | 6:51 | 26 | 7:54 | 126 | 10:15 | 31.62 | 3:12:29 | 6:05 | 40 | | 90 | 43:43 |
| Lap 7 | 5.27 | 38:25 | 7:17 | 28 | 10:14 | 121 | 12:18 | 36.89 | 3:50:54 | 6:15 | 45 | | 99 | 56:01 |
| Last lap Finish | 5.27 | 39:29 | 7:29 | 28 | 11:06 | 130 | 13:46 | 42.16 | 4:30:23 | 6:24 | 23 | 3:09:37 | 117 | 4:03:36 |