



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: 9.36 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