



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHULZ, Folker

Club: Lüneburg
Number: 336

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:14:52

Speed: 9.38 km/h
Running performance: 6:24 min/km

Rank in course/Total: 13 (of 53)

Rank in course/Men: 12 (of 39)

Best time in course: 1:49:45

Rank in category: 1(of 4)

Best time in the category: 2:14:52

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	31:18	5:56	1	-	13	5:42	5.27	31:18	5:56	1	-	21		
Lap 2	5.27	31:28	5:58	1	-	12	5:30	10.54	1:02:46	5:57	1	-	26		
Lap 3	5.27	33:59	6:26	1	-	14	6:17	15.81	1:36:45	6:07	1	-	30		
Last lap Finish	5.27	38:07	7:13	1	-	19	8:26	21.08	2:14:52	6:23	1	-	12	25:07	