



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

REINHARD-MILTZ, Gerhard

Club: streakrunner.de
Number: 290

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:30:59

Speed: 9.33 km/h
Running performance: 6:26 min/km

Rank in course/Total: 112 (of 289)

Rank in course/Men: 108 (of 261)

Best time in course: 3:20:36

Rank in category: 12(of 32)

Best time in the category: 3:20:36

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	30:53	5:51	10	6:50	110	8:31	5.27	30:53	5:51	20			118
Lap 2	5.27	33:09	6:17	16	8:55	169	9:43	10.54	1:04:02	6:04	26	15:41		224
Lap 3	5.27	34:38	6:34	20	10:07	183	11:00	15.81	1:38:40	6:14	20			113
Lap 4	5.27	35:02	6:38	18	10:24	173	10:24	21.08	2:13:42	6:20	19			97 2:02
Lap 5	5.27	35:43	6:46	15	10:24	160	10:24	26.35	2:49:25	6:25	18			106 46:36
Lap 6	5.27	31:46	6:01	6	5:49	54	5:55	31.62	3:21:11	6:21	26			93 52:25
Lap 7	5.27	33:51	6:25	5	7:44	54	7:44	36.89	3:55:02	6:22	18			102 1:00:09
Last lap Finish	5.27	35:57	6:49	10	10:14	87	10:14	42.16	4:30:59	6:25	13	3:09:26		118 4:04:12