



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

QUERFURT, Matthias

Club: DJK Preussen 1911 Bochum
Number: 284

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:32:31

Speed: 9.28 km/h
Running performance: 6:28 min/km

Rank in course/Total: 118 (of 289)

Rank in course/Men: 114 (of 261)

Best time in course: 3:20:36

Rank in category: 23(of 55)

Best time in the category: 3:28:58

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	33:34	6:22	40	10:21	175	11:12	5.27	33:34	6:22	53	0:07	124	
Lap 2	5.27	31:54	6:03	30	7:24	141	8:28	10.54	1:05:28	6:12	3		101	
Lap 3	5.27	31:38	6:00	28	7:01	125	8:00	15.81	1:37:06	6:08	51	6:54	119	
Lap 4	5.27	32:36	6:11	27	7:35	122	7:58	21.08	2:09:42	6:09	44		100	
Lap 5	5.27	33:07	6:17	20	6:49	95	7:48	26.35	2:42:49	6:10	49		112	40:00
Lap 6	5.27	34:28	6:32	19	6:53	100	8:37	31.62	3:17:17	6:14	49		99	48:31
Lap 7	5.27	36:01	6:50	20	7:30	86	9:54	36.89	3:53:18	6:19	47		108	58:25
Last lap Finish	5.27	39:13	7:26	29	11:35	128	13:30	42.16	4:32:31	6:27	25	2:55:18	124	4:05:44