



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LIEDTKE, Winfried

Club: Frankfurt
Number: 206

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:33:18

Speed: 9.22 km/h
Running performance: 6:29 min/km

Rank in course/Total: 119 (of 289)

Rank in course/Men: 115 (of 261)

Best time in course: 3:20:36

Rank in category: 24(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.							
Lap 1	5.27	31:22	5:57	29	8:09	125	9:00	5.27	31:22	5:57	54		125
Lap 2	5.27	32:07	6:05	33	7:37	150	8:41	10.54	1:03:29	6:01	4		102
Lap 3	5.27	33:15	6:18	35	8:38	161	9:37	15.81	1:36:44	6:07	52	6:32	120
Lap 4	5.27	34:11	6:29	35	9:10	157	9:33	21.08	2:10:55	6:12	45		101
Lap 5	5.27	34:26	6:32	30	8:08	134	9:07	26.35	2:45:21	6:16	50		113 42:32
Lap 6	5.27	36:10	6:51	28	8:35	128	10:19	31.62	3:21:31	6:22	50	2:20	100 52:45
Lap 7	5.27	36:00	6:49	19	7:29	85	9:53	36.89	3:57:31	6:26	38		109 1:02:38
Last lap Finish	5.27	35:47	6:47	18	8:09	82	10:04	42.16	4:33:18	6:28	26	2:56:05	125 4:06:31