



# 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: 9.26 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. |       |       |         |      |        |         |        | 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 |