



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

Detailed evaluation

VOLZ, Michael

Club: Göttingen
Number: 387

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:33:24

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

Rank in course/Total: 121 (of 289)

Rank in course/Men: 117 (of 261)

Best time in course: 3:20:36

Rank in category: 20(of 42)

Best time in the category: 3:29:26

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	29:51	5:39	18	7:29	90	7:29	5.27	29:51	5:39	2		127	
Lap 2	5.27	31:01	5:53	22	7:35	127	7:35	10.54	1:00:52	5:46	5		104	
Lap 3	5.27	32:18	6:07	24	8:40	139	8:40	15.81	1:33:10	5:53	2		122	
Lap 4	5.27	33:11	6:17	24	8:09	137	8:33	21.08	2:06:21	5:59	38		242	
Lap 5	5.27	34:55	6:37	26	8:46	140	9:36	26.35	2:41:16	6:07	11		115	38:27
Lap 6	5.27	36:21	6:53	22	9:50	132	10:30	31.62	3:17:37	6:14	11		102	48:51
Lap 7	5.27	38:38	7:19	21	10:59	125	12:31	36.89	3:56:15	6:24	10		111	1:01:22
Last lap Finish	5.27	37:09	7:02	18	10:32	107	11:26	42.16	4:33:24	6:29	23	3:07:31	127	4:06:37