



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

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Club: Läufergruppe Derendingen
Number: 308

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:34:31

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 123 (of 289)

Rank in course/Men: 119 (of 261)

Best time in course: 3:20:36

Rank in category: 22(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	28:51	5:28	13	6:29	72	6:29	5.27	28:51	5:28	4		129	
Lap 2	5.27	28:16	5:21	9	4:50	57	4:50	10.54	57:07	5:25	7		106	
Lap 3	5.27	30:11	5:43	15	6:33	82	6:33	15.81	1:27:18	5:31	4		124	
Lap 4	5.27	31:06	5:54	16	6:04	79	6:28	21.08	1:58:24	5:37	4		103	
Lap 5	5.27	34:06	6:28	21	7:57	126	8:47	26.35	2:32:30	5:47	4		117	29:41
Lap 6	5.27	37:56	7:11	30	11:25	160	12:05	31.62	3:10:26	6:01	39		246	41:40
Lap 7	5.27	44:03	8:21	33	16:24	189	17:56	36.89	3:54:29	6:21	4		113	59:36
Last lap Finish	5.27	40:02	7:35	25	13:25	136	14:19	42.16	4:34:31	6:30	25	3:08:38	129	4:07:44