



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DOLLMANN, Heinz

Club: SV Ottmarshausen
Number: 55

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:34:58

Speed: 9.20 km/h
Running performance: 6:31 min/km

Rank in course/Total: 126 (of 289)

Rank in course/Men: 122 (of 261)

Best time in course: 3:20:36

Rank in category: 27(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.								Men
Lap 1	5.27	31:33	5:59	30	8:20	131	9:11	5.27	31:33	5:59	2		132	
Lap 2	5.27	30:33	5:47	24	6:03	112	7:07	10.54	1:02:06	5:53	47		215	
Lap 3	5.27	31:18	5:56	25	6:41	117	7:40	15.81	1:33:24	5:54	15	3:12	127	
Lap 4	5.27	31:52	6:02	21	6:51	99	7:14	21.08	2:05:16	5:56	49		233	
Lap 5	5.27	32:53	6:14	19	6:35	92	7:34	26.35	2:38:09	6:00	14		120	35:20
Lap 6	5.27	35:49	6:47	26	8:14	121	9:58	31.62	3:13:58	6:08	15		106	45:12
Lap 7	5.27	38:58	7:23	31	10:27	133	12:51	36.89	3:52:56	6:18	13		116	58:03
Last lap Finish	5.27	42:02	7:58	37	14:24	169	16:19	42.16	4:34:58	6:31	29	2:57:45	132	4:08:11