



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DE KRUIJFF, Johannes

Club: LBN Duisburg
Number: 45

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:35:42

Speed: 9.14 km/h
Running performance: 6:32 min/km

Rank in course/Total: 127 (of 289)

Rank in course/Men: 123 (of 261)

Best time in course: 3:20:36

Rank in category: 8(of 21)

Best time in the category: 4:02:33

Intermediate times				Stage score				Total ranking						
Control	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	34:59	6:38	12	8:56	204	12:37	5.27	34:59	6:38	15	3:36	133	
Lap 2	5.27	34:36	6:33	12	7:22	198	11:10	10.54	1:09:35	6:36	10	15:55	107	
Lap 3	5.27	33:33	6:21	11	5:05	169	9:55	15.81	1:43:08	6:31	15	7:40	128	
Lap 4	5.27	33:36	6:22	9	4:23	147	8:58	21.08	2:16:44	6:29	13	7:04	106	5:04
Lap 5	5.27	34:06	6:28	8	4:16	126	8:47	26.35	2:50:50	6:28	13	3:50	121	48:01
Lap 6	5.27	34:03	6:27	6	2:11	87	8:12	31.62	3:24:53	6:28	13		107	56:07
Lap 7	5.27	35:07	6:39	4	1:08	76	9:00	36.89	4:00:00	6:30	19	24:25	231	1:05:07
Last lap Finish	5.27	35:42	6:46	3	0:59	79	9:59	42.16	4:35:42	6:32	8	33:09	133	4:08:55