



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DOLEJŠ, Jan

Club: TJ Sokol Unhošť#357
Number: 54

Course: 42.16 km
Marathon

Category:
Männer M60

Total time: 4:36:24

Speed: 9.12 km/h
Running performance: 6:34 min/km

Rank in course/Total: 129 (of 289)

Rank in course/Men: 125 (of 261)

Best time in course: 3:20:36

Rank in category: 2(of 6)

Best time in the category: 3:30:58

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	31:47	6:01	2	6:49	138	9:25	5.27	31:47	6:01	2	6:49	135	
Lap 2	5.27	32:44	6:12	2	7:37	162	9:18	10.54	1:04:31	6:07	2	14:26	108	
Lap 3	5.27	32:19	6:07	2	7:48	142	8:41	15.81	1:36:50	6:07	2	22:14	130	
Lap 4	5.27	32:41	6:12	2	7:03	125	8:03	21.08	2:09:31	6:08	2	29:17	108	
Lap 5	5.27	35:20	6:42	2	8:55	153	10:01	26.35	2:44:51	6:15	2	38:12	123	42:02
Lap 6	5.27	37:47	7:10	3	9:39	157	11:56	31.62	3:22:38	6:24	2	47:51	109	53:52
Lap 7	5.27	39:03	7:24	3	10:46	135	12:56	36.89	4:01:41	6:33	1	-	118	1:06:48
Last lap Finish	5.27	34:43	6:35	2	6:49	69	9:00	42.16	4:36:24	6:33	2	1:05:26	135	4:09:37