



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HILDEN, Georg

Club: Red Wine Finishers
Number: 121

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:37:57

Speed: 9.10 km/h
Running performance: 6:35 min/km

Rank in course/Total: 135 (of 289)

Rank in course/Men: 131 (of 261)

Best time in course: 3:20:36

Rank in category: 30(of 55)

Best time in the category: 3:28:58

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	35:51	6:48	46	12:38	217	13:29	5.27	35:51	6:48	5	2:24	141	
Lap 2	5.27	34:00	6:27	41	9:30	188	10:34	10.54	1:09:51	6:37	8	1:18	113	
Lap 3	5.27	34:55	6:37	42	10:18	189	11:17	15.81	1:44:46	6:37	4	14:34	136	
Lap 4	5.27	39:16	7:27	50	14:15	227	14:38	21.08	2:24:02	6:49	4	0:25	112	12:22
Lap 5	5.27	31:54	6:03	16	5:36	82	6:35	26.35	2:55:56	6:40	5	1:17	129	53:07
Lap 6	5.27	33:19	6:19	16	5:44	76	7:28	31.62	3:29:15	6:37	4	10:04	115	1:00:29
Lap 7	5.27	34:35	6:33	16	6:04	67	8:28	36.89	4:03:50	6:36	4		121	1:08:57
Last lap Finish	5.27	34:07	6:28	13	6:29	62	8:24	42.16	4:37:57	6:35	32	3:00:44	141	4:11:10