



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KATHÖWER, Robert

Club: Eldagsen
Number: 160

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:38:01

Speed: 9.06 km/h
Running performance: 6:35 min/km

Rank in course/Total: 137 (of 289)

Rank in course/Men: 133 (of 261)

Best time in course: 3:20:36

Rank in category: 25(of 42)

Best time in the category: 3:29:26

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	32:01	6:04	25	9:39	142	9:39	5.27	32:01	6:04	7		143	
Lap 2	5.27	31:57	6:03	28	8:31	143	8:31	10.54	1:03:58	6:04	34	2:13	222	
Lap 3	5.27	32:51	6:14	27	9:13	153	9:13	15.81	1:36:49	6:07	7		137	
Lap 4	5.27	33:54	6:25	29	8:52	152	9:16	21.08	2:10:43	6:12	5		113	
Lap 5	5.27	35:08	6:40	30	8:59	146	9:49	26.35	2:45:51	6:17	7		130	43:02
Lap 6	5.27	37:03	7:01	23	10:32	138	11:12	31.62	3:22:54	6:25	5		116	54:08
Lap 7	5.27	38:11	7:14	20	10:32	116	12:04	36.89	4:01:05	6:32	37		234	1:06:12
Last lap Finish	5.27	36:56	7:00	15	10:19	98	11:13	42.16	4:38:01	6:35	28	3:12:08	143	4:11:14