



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FRÖHLICH, Tobias

Club: LG Halbe Lunge Bärnin
Number: 82

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 4:38:11

Speed: 9.06 km/h
Running performance: 6:36 min/km

Rank in course/Total: 138 (of 289)

Rank in course/Men: 134 (of 261)

Best time in course: 3:20:36

Rank in category: 12(of 22)

Best time in the category: 3:31:12

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	32:06	6:05	12	8:04	146	9:44	5.27	32:06	6:05	9		134	
Lap 2	5.27	30:33	5:47	12	5:44	112	7:07	10.54	1:02:39	5:56	3	9:04	114	
Lap 3	5.27	30:47	5:50	11	5:53	95	7:09	15.81	1:33:26	5:54	9		139	
Lap 4	5.27	31:28	5:58	10	5:57	89	6:50	21.08	2:04:54	5:55	6	16:36	115	
Lap 5	5.27	33:33	6:21	12	7:33	111	8:14	26.35	2:38:27	6:00	9		132	35:38
Lap 6	5.27	36:05	6:50	13	9:06	124	10:14	31.62	3:14:32	6:09	9		118	45:46
Lap 7	5.27	41:35	7:53	13	13:15	168	15:28	36.89	3:56:07	6:24	9	1:23	122	1:01:14
Last lap Finish	5.27	42:04	7:58	15	15:17	170	16:21	42.16	4:38:11	6:35	15	4:11:24	144	4:11:24