



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**BRENDLER, Dirk**

Club: Beimer-Team  
Number: 30

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:38:43

Speed: 9.04 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 141 (of 289)

Rank in course/Men: 136 (of 261)

Best time in course: 3:20:36

Rank in category: 31(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.	Stage score		Total			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	31:11	5:55	27	7:58	120	8:49	5.27	31:11	5:55	6			146	
Lap 2	5.27	30:51	5:51	25	6:21	122	7:25	10.54	1:02:02	5:53	46			213	
Lap 3	5.27	31:16	5:55	24	6:39	115	7:38	15.81	1:33:18	5:54	5	3:06		141	
Lap 4	5.27	33:08	6:17	31	8:07	135	8:30	21.08	2:06:26	5:59	52			243	
Lap 5	5.27	35:51	6:48	34	9:33	163	10:32	26.35	2:42:17	6:09	6			134	39:28
Lap 6	5.27	37:33	7:07	32	9:58	151	11:42	31.62	3:19:50	6:19	5	0:39		120	51:04
Lap 7	5.27	38:40	7:20	28	10:09	126	12:33	36.89	3:58:30	6:27	5			124	1:03:37
Last lap Finish	5.27	40:13	7:37	32	12:35	142	14:30	42.16	4:38:43	6:36	33	3:01:30		146	4:11:56