



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LEUSCHNER, Carsten

Club: LF Ehberg 02
Number: 204

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:39:23

Speed: 9.02 km/h
Running performance: 6:38 min/km

Rank in course/Total: 142 (of 289)

Rank in course/Men: 137 (of 261)

Best time in course: 3:20:36

Rank in category: 27(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	28:55	5:29	14	6:33	77	6:33	5.27	28:55	5:29	9		44	
Lap 2	5.27	29:36	5:37	17	6:10	86	6:10	10.54	58:31	5:33	11		116	
Lap 3	5.27	31:13	5:55	19	7:35	113	7:35	15.81	1:29:44	5:40	9		142	
Lap 4	5.27	32:40	6:11	22	7:38	124	8:02	21.08	2:02:24	5:48	34		221	
Lap 5	5.27	34:41	6:34	23	8:32	137	9:22	26.35	2:37:05	5:57	9		135	34:16
Lap 6	5.27	38:05	7:13	31	11:34	162	12:14	31.62	3:15:10	6:10	7		121	46:24
Lap 7	5.27	41:47	7:55	30	14:08	172	15:40	36.89	3:56:57	6:25	8		125	1:02:04
Last lap Finish	5.27	42:26	8:03	32	15:49	175	16:43	42.16	4:39:23	6:37	30	3:13:30	147	4:12:36