



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BLEICKER, Dirk

Club: LSF-Unna-2000

Number: 24

Course: 42.16 km

Marathon

Category:

Männer M40

Total time: 4:39:36

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 143 (of 289)

Rank in course/Men: 138 (of 261)

Best time in course: 3:20:36

Rank in category: 32(of 55)

Best time in the category: 3:28:58

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	30:17	5:44	19	7:04	100	7:55	5.27	30:17	5:44	7		148	
Lap 2	5.27	30:28	5:46	22	5:58	105	7:02	10.54	1:00:45	5:45	9		117	
Lap 3	5.27	30:20	5:45	18	5:43	86	6:42	15.81	1:31:05	5:45	6	0:53	143	
Lap 4	5.27	31:27	5:58	18	6:26	84	6:49	21.08	2:02:32	5:48	5		116	
Lap 5	5.27	33:19	6:19	23	7:01	104	8:00	26.35	2:35:51	5:54	7		136	33:02
Lap 6	5.27	35:56	6:49	27	8:21	123	10:05	31.62	3:11:47	6:03	6		122	43:01
Lap 7	5.27	42:47	8:07	41	14:16	177	16:40	36.89	3:54:34	6:21	6		126	59:41
Last lap Finish	5.27	45:02	8:32	44	17:24	196	19:19	42.16	4:39:36	6:37	34	3:02:23	148	4:12:49