



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

TSCHERNATSCH, André

Club: Hanau
Number: 381

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:41:05

Speed: 8.97 km/h
Running performance: 6:40 min/km

Rank in course/Total: 145 (of 289)

Rank in course/Men: 140 (of 261)

Best time in course: 3:20:36

Rank in category: 24(of 50)

Best time in the category: 3:39:13

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	29:24	5:34	17	6:01	85	7:02	5.27	29:24	5:34	50		150	
Lap 2	5.27	30:53	5:51	25	6:16	123	7:27	10.54	1:00:17	5:43	37		201	
Lap 3	5.27	31:54	6:03	26	6:33	129	8:16	15.81	1:32:11	5:49	49		145	
Lap 4	5.27	32:58	6:15	26	6:08	132	8:20	21.08	2:05:09	5:56	45		230	
Lap 5	5.27	35:40	6:46	31	8:02	158	10:21	26.35	2:40:49	6:06	34		138	38:00
Lap 6	5.27	37:36	7:08	29	9:24	152	11:45	31.62	3:18:25	6:16	42		124	49:39
Lap 7	5.27	38:45	7:21	29	10:34	129	12:38	36.89	3:57:10	6:25	2		128	1:02:17
Last lap Finish	5.27	43:55	8:20	40	15:32	189	18:12	42.16	4:41:05	6:40	25	3:20:19	150	4:14:18