



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LITWIN, Rüdiger

Club: LT Lippehasen
Number: 208

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:41:34

Speed: 8.95 km/h
Running performance: 6:41 min/km

Rank in course/Total: 146 (of 289)

Rank in course/Men: 141 (of 261)

Best time in course: 3:20:36

Rank in category: 9(of 21)

Best time in the category: 4:02:33

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	36:35	6:56	19	10:32	227	14:13	5.27	36:35	6:56	14	5:12	151	
Lap 2	5.27	37:25	7:05	18	10:11	236	13:59	10.54	1:14:00	7:01	9	20:20	119	
Lap 3	5.27	35:18	6:41	12	6:50	193	11:40	15.81	1:49:18	6:54	14	13:50	146	
Lap 4	5.27	32:27	6:09	8	3:14	118	7:49	21.08	2:21:45	6:43	12	12:05	117	10:05
Lap 5	5.27	33:05	6:16	6	3:15	94	7:46	26.35	2:54:50	6:38	12	7:50	139	52:01
Lap 6	5.27	34:04	6:27	7	2:12	88	8:13	31.62	3:28:54	6:36	12	2:20	125	1:00:08
Lap 7	5.27	35:11	6:40	5	1:12	79	9:04	36.89	4:04:05	6:36	20	28:30	240	1:09:12
Last lap Finish	5.27	37:29	7:06	6	2:46	115	11:46	42.16	4:41:34	6:40	9	39:01	151	4:14:47