



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SINGER, Stefan

Club: Diedorf
Number: 347

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:41:42

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

Rank in course/Total: 147 (of 289)

Rank in course/Men: 142 (of 261)

Best time in course: 3:20:36

Rank in category: 25(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	5.27	34:44	6:35	45	11:21	202	12:22	5.27	34:44	6:35	14	3:04	152	
Lap 2	5.27	34:05	6:28	38	9:28	189	10:39	10.54	1:08:49	6:31	11	4:07	120	
Lap 3	5.27	33:59	6:26	32	8:38	176	10:21	15.81	1:42:48	6:30	14	2:08	147	
Lap 4	5.27	34:17	6:30	30	7:27	163	9:39	21.08	2:17:05	6:30	12	0:02	118	5:25
Lap 5	5.27	34:34	6:33	26	6:56	136	9:15	26.35	2:51:39	6:30	13		140	48:50
Lap 6	5.27	36:05	6:50	25	7:53	124	10:14	31.62	3:27:44	6:34	14		126	58:58
Lap 7	5.27	36:52	6:59	21	8:41	98	10:45	36.89	4:04:36	6:37	13		129	1:09:43
Last lap Finish	5.27	37:06	7:02	22	8:43	103	11:23	42.16	4:41:42	6:40	26	3:20:56	152	4:14:55