



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: 8.98 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 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 | 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 |