



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KÖHNE, Heinz-Werner

Club: VfL Engelskirchen
Number: 170

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:41:47

Speed: 8.94 km/h
Running performance: 6:41 min/km

Rank in course/Total: 148 (of 289)

Rank in course/Men: 143 (of 261)

Best time in course: 3:20:36

Rank in category: 33(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	30:09	5:43	17	6:56	95	7:47	5.27	30:09	5:43	8		153	
Lap 2	5.27	30:19	5:45	20	5:49	98	6:53	10.54	1:00:28	5:44	10		121	
Lap 3	5.27	31:04	5:53	22	6:27	108	7:26	15.81	1:31:32	5:47	7	1:20	144	
Lap 4	5.27	31:27	5:58	18	6:26	84	6:49	21.08	2:02:59	5:50	47		224	
Lap 5	5.27	37:32	7:07	45	11:14	192	12:13	26.35	2:40:31	6:05	8		141	37:42
Lap 6	5.27	38:36	7:19	39	11:01	171	12:45	31.62	3:19:07	6:17	7		127	50:21
Lap 7	5.27	42:10	8:00	40	13:39	173	16:03	36.89	4:01:17	6:32	50		236	1:06:24
Last lap Finish	5.27	40:30	7:41	34	12:52	147	14:47	42.16	4:41:47	6:41	35	3:04:34	153	4:15:00