



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LIEBESKIND, Heiko

Club: fit&run Weimar
Number: 205

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:42:11

Speed: 8.96 km/h
Running performance: 6:41 min/km

Rank in course/Total: 149 (of 289)

Rank in course/Men: 144 (of 261)

Best time in course: 3:20:36

Rank in category: 26(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	31:00	5:52	23	7:37	115	8:38	5.27	31:00	5:52	2		123	
Lap 2	5.27	30:29	5:47	20	5:52	106	7:03	10.54	1:01:29	5:50	4		122	
Lap 3	5.27	31:09	5:54	22	5:48	112	7:31	15.81	1:32:38	5:51	2		149	
Lap 4	5.27	32:49	6:13	25	5:59	127	8:11	21.08	2:05:27	5:57	47		237	
Lap 5	5.27	33:27	6:20	20	5:49	106	8:08	26.35	2:38:54	6:01	3		142	36:05
Lap 6	5.27	36:06	6:51	26	7:54	126	10:15	31.62	3:15:00	6:10	2		128	46:14
Lap 7	5.27	43:37	8:16	40	15:26	186	17:30	36.89	3:58:37	6:28	4		130	1:03:44
Last lap Finish	5.27	43:34	8:16	39	15:11	187	17:51	42.16	4:42:11	6:41	27	3:21:25	154	4:15:24