



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHEITZA, Falko

Club: DJK Preussen 1911 Bochum
Number: 311

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:42:49

Speed: 8.91 km/h
Running performance: 6:43 min/km

Rank in course/Total: 151 (of 289)

Rank in course/Men: 145 (of 261)

Best time in course: 3:20:36

Rank in category: 27(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	31:19	5:56	25	7:56	122	8:57	5.27	31:19	5:56	3		155	
Lap 2	5.27	30:06	5:42	17	5:29	94	6:40	10.54	1:01:25	5:49	42		210	
Lap 3	5.27	30:55	5:51	18	5:34	99	7:17	15.81	1:32:20	5:50	3		150	
Lap 4	5.27	31:53	6:02	20	5:03	101	7:15	21.08	2:04:13	5:53	44		227	
Lap 5	5.27	33:59	6:26	24	6:21	122	8:40	26.35	2:38:12	6:00	4		143	35:23
Lap 6	5.27	35:38	6:45	24	7:26	118	9:47	31.62	3:13:50	6:07	3		129	45:04
Lap 7	5.27	39:36	7:30	31	11:25	149	13:29	36.89	3:53:26	6:19	5		131	58:33
Last lap Finish	5.27	49:23	9:22	46	21:00	224	23:40	42.16	4:42:49	6:42	28	3:22:03	155	4:16:02