



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LIESEGANG, Stefan

Club: LA Fortuna Düsseldorf
Number: 207

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:44:30

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 153 (of 289)

Rank in course/Men: 147 (of 261)

Best time in course: 3:20:36

Rank in category: 28(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	34:07	6:28	43	10:44	192	11:45	5.27	34:07	6:28	4	2:27	157	
Lap 2	5.27	33:31	6:21	35	8:54	180	10:05	10.54	1:07:38	6:25	5	2:56	124	
Lap 3	5.27	34:05	6:28	33	8:44	178	10:27	15.81	1:41:43	6:26	4	1:03	152	
Lap 4	5.27	34:26	6:32	32	7:36	166	9:48	21.08	2:16:09	6:27	4		120	4:29
Lap 5	5.27	35:09	6:40	28	7:31	149	9:50	26.35	2:51:18	6:30	5		145	48:29
Lap 6	5.27	35:36	6:45	23	7:24	117	9:45	31.62	3:26:54	6:32	4		131	58:08
Lap 7	5.27	37:27	7:06	25	9:16	103	11:20	36.89	4:04:21	6:37	48		241	1:09:28
Last lap Finish	5.27	40:09	7:37	29	11:46	139	14:26	42.16	4:44:30	6:44	29	3:23:44	157	4:17:43