



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WERSCHUN, Mario

Club: Nauen
Number: 400

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:45:29

Speed: 8.83 km/h
Running performance: 6:46 min/km

Rank in course/Total: 156 (of 289)

Rank in course/Men: 150 (of 261)

Best time in course: 3:20:36

Rank in category: 29(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	33:53	6:25	41	10:30	187	11:31	5.27	33:53	6:25	5	2:13	159	
Lap 2	5.27	33:12	6:17	33	8:35	170	9:46	10.54	1:07:05	6:21	47	2:23	249	
Lap 3	5.27	34:26	6:32	34	9:05	181	10:48	15.81	1:41:31	6:25	5	0:51	154	
Lap 4	5.27	35:03	6:39	35	8:13	175	10:25	21.08	2:16:34	6:28	5		122	4:54
Lap 5	5.27	37:10	7:03	38	9:32	184	11:51	26.35	2:53:44	6:35	6		147	50:55
Lap 6	5.27	38:24	7:17	31	10:12	168	12:33	31.62	3:32:08	6:42	5		133	1:03:22
Lap 7	5.27	37:14	7:03	23	9:03	100	11:07	36.89	4:09:22	6:45	49		245	1:14:29
Last lap Finish	5.27	36:07	6:51	18	7:44	91	10:24	42.16	4:45:29	6:46	30	3:24:43	160	4:18:42