



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHMIDT, Bernd

Club: Geschwenda
Number: 320

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:45:40

Speed: 8.82 km/h
Running performance: 6:47 min/km

Rank in course/Total: 157 (of 289)

Rank in course/Men: 151 (of 261)

Best time in course: 3:20:36

Rank in category: 30(of 50)

Best time in the category: 3:39:13

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	30:57	5:52	22	7:34	114	8:35	5.27	30:57	5:52	6		160	
Lap 2	5.27	31:33	5:59	26	6:56	134	8:07	10.54	1:02:30	5:55	6		125	
Lap 3	5.27	31:36	5:59	24	6:15	124	7:58	15.81	1:34:06	5:57	6		155	
Lap 4	5.27	33:50	6:25	28	7:00	151	9:12	21.08	2:07:56	6:04	6		123	
Lap 5	5.27	35:28	6:43	30	7:50	156	10:09	26.35	2:43:24	6:12	7		40	40:35
Lap 6	5.27	39:19	7:27	34	11:07	180	13:28	31.62	3:22:43	6:24	6		134	53:57
Lap 7	5.27	39:26	7:28	30	11:15	144	13:19	36.89	4:02:09	6:33	47		238	1:07:16
Last lap Finish	5.27	43:31	8:15	38	15:08	186	17:48	42.16	4:45:40	6:46	31	3:24:54	161	4:18:53