



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MICHEL, Dr. Peter

Club: Berlin
Number: 232

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:47:29

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 159 (of 289)

Rank in course/Men: 152 (of 261)

Best time in course: 3:20:36

Rank in category: 31(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 | 30:47 | 5:50 | 20 | 7:24 | 109 | 8:25 | 5.27 | 30:47 | 5:50 | 7 | | 161 | |
| Lap 2 | 5.27 | 30:43 | 5:49 | 22 | 6:06 | 115 | 7:17 | 10.54 | 1:01:30 | 5:50 | 7 | | 126 | |
| Lap 3 | 5.27 | 32:48 | 6:13 | 30 | 7:27 | 151 | 9:10 | 15.81 | 1:34:18 | 5:57 | 7 | | 156 | |
| Lap 4 | 5.27 | 34:35 | 6:33 | 33 | 7:45 | 168 | 9:57 | 21.08 | 2:08:53 | 6:06 | 7 | | 124 | |
| Lap 5 | 5.27 | 35:22 | 6:42 | 29 | 7:44 | 154 | 10:03 | 26.35 | 2:44:15 | 6:14 | 8 | | 149 | 41:26 |
| Lap 6 | 5.27 | 39:31 | 7:29 | 35 | 11:19 | 182 | 13:40 | 31.62 | 3:23:46 | 6:26 | 7 | | 135 | 55:00 |
| Lap 7 | 5.27 | 40:51 | 7:45 | 32 | 12:40 | 160 | 14:44 | 36.89 | 4:04:37 | 6:37 | 6 | | 133 | 1:09:44 |
| Last lap Finish | 5.27 | 42:52 | 8:08 | 35 | 14:29 | 178 | 17:09 | 42.16 | 4:47:29 | 6:49 | 32 | 3:26:43 | 162 | 4:20:42 |