



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KEGLER, Lars

Club: RC Vorwärts Speyer
Number: 161

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 4:49:23

Speed: 8.71 km/h
Running performance: 6:52 min/km

Rank in course/Total: 163 (of 289)

Rank in course/Men: 155 (of 261)

Best time in course: 3:20:36

Rank in category: 13(of 22)

Best time in the category: 3:31:12

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	28:21	5:22	5	4:19	61	5:59	5.27	28:21	5:22	8			165	
Lap 2	5.27	28:39	5:26	6	3:50	68	5:13	10.54	57:00	5:24	6	3:25		129	
Lap 3	5.27	28:46	5:27	5	3:52	60	5:08	15.81	1:25:46	5:25	8			74	
Lap 4	5.27	29:29	5:35	4	3:58	52	4:51	21.08	1:55:15	5:28	5	6:57		128	
Lap 5	5.27	30:17	5:44	5	4:17	49	4:58	26.35	2:25:32	5:31	8			48	22:43
Lap 6	5.27	32:13	6:06	8	5:14	62	6:22	31.62	2:57:45	5:37	8			139	28:59
Lap 7	5.27	50:53	9:39	18	22:33	247	24:46	36.89	3:48:38	6:11	8			136	53:45
Last lap Finish	5.27	1:00:45	11:31	19	33:58	252	35:02	42.16	4:49:23	6:51	16	4:22:36		166	4:22:36