



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**LOHKÄMPER, Jörg**

Club: Schalke 04  
Number: 210

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:49:53

Speed: 8.69 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 165 (of 289)

Rank in course/Men: 156 (of 261)

Best time in course: 3:20:36

Rank in category: 32(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	30:14	5:44	18	6:51	98	7:52	5.27	30:14	5:44	8		166	
Lap 2	5.27	30:46	5:50	23	6:09	117	7:20	10.54	1:01:00	5:47	39		204	
Lap 3	5.27	31:43	6:01	25	6:22	127	8:05	15.81	1:32:43	5:51	8		161	
Lap 4	5.27	33:29	6:21	27	6:39	146	8:51	21.08	2:06:12	5:59	48		241	
Lap 5	5.27	36:33	6:56	34	8:55	173	11:14	26.35	2:42:45	6:10	9		153	39:56
Lap 6	5.27	40:45	7:43	39	12:33	196	14:54	31.62	3:23:30	6:26	8		140	54:44
Lap 7	5.27	43:11	8:11	38	15:00	181	17:04	36.89	4:06:41	6:41	7		137	1:11:48
Last lap Finish	5.27	43:12	8:11	36	14:49	182	17:29	42.16	4:49:53	6:52	33	3:29:07	167	4:23:06