



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HELLMICH, Uwe

Club: LG Halbe Lunge Bärnin
Number: 113

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:50:18

Speed: 8.68 km/h
Running performance: 6:53 min/km

Rank in course/Total: 169 (of 289)

Rank in course/Men: 159 (of 261)

Best time in course: 3:20:36

Rank in category: 33(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	30:54	5:51	21	7:31	112	8:32	5.27	30:54	5:51	9		169	
Lap 2	5.27	30:29	5:47	20	5:52	106	7:03	10.54	1:01:23	5:49	41		208	
Lap 3	5.27	31:22	5:57	23	6:01	122	7:44	15.81	1:32:45	5:51	9		164	
Lap 4	5.27	31:13	5:55	15	4:23	81	6:35	21.08	2:03:58	5:52	43		226	
Lap 5	5.27	33:42	6:23	23	6:04	116	8:23	26.35	2:37:40	5:59	10		156	34:51
Lap 6	5.27	37:07	7:02	28	8:55	140	11:16	31.62	3:14:47	6:09	9		143	46:01
Lap 7	5.27	45:20	8:36	42	17:09	203	19:13	36.89	4:00:07	6:30	46		233	1:05:14
Last lap Finish	5.27	50:11	9:31	47	21:48	230	24:28	42.16	4:50:18	6:53	34	3:29:32	170	4:23:31