



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

VOIGT, Helmut

Club: Laatzen
Number: 386

Course: 42.16 km
Marathon

Category:
Männer M60

Total time: 4:50:56

Speed: 8.66 km/h
Running performance: 6:54 min/km

Rank in course/Total: 172 (of 289)

Rank in course/Men: 162 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 6)

Best time in the category: 3:30:58

Intermediate times				Stage score				Total ranking						
Control	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	31:55	6:03	3	6:57	140	9:33	5.27	31:55	6:03	3	6:57	172	
Lap 2	5.27	35:13	6:40	3	10:06	205	11:47	10.54	1:07:08	6:22	6	17:03	250	
Lap 3	5.27	35:03	6:39	3	10:32	191	11:25	15.81	1:42:11	6:27	3	27:35	167	
Lap 4	5.27	38:07	7:13	3	12:29	217	13:29	21.08	2:20:18	6:39	3	40:04	133	8:38
Lap 5	5.27	35:42	6:46	3	9:17	159	10:23	26.35	2:56:00	6:40	3	49:21	159	53:11
Lap 6	5.27	37:16	7:04	2	9:08	146	11:25	31.62	3:33:16	6:44	3	58:29	146	1:04:30
Lap 7	5.27	38:53	7:22	2	10:36	130	12:46	36.89	4:12:09	6:50	2	10:28	141	1:17:16
Last lap Finish	5.27	38:47	7:21	3	10:53	125	13:04	42.16	4:50:56	6:54	3	1:19:58	173	4:24:09