



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RUSEK, Stanislaw

Club: Poznan PL

Number: 305

Course: 42.16 km

Marathon

Category:

Männer M50

Total time: 4:51:58

Speed: 8.66 km/h

Running performance: 6:56 min/km

Rank in course/Total: 176 (of 289)

Rank in course/Men: 166 (of 261)

Best time in course: 3:20:36

Rank in category: 15(of 32)

Best time in the category: 3:20:36

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	30:28	5:46	9	6:25	105	8:06	5.27	30:28	5:46	18		176	
Lap 2	5.27	30:44	5:49	10	6:30	116	7:18	10.54	1:01:12	5:48	24	12:51	206	
Lap 3	5.27	33:14	6:18	14	8:43	160	9:36	15.81	1:34:26	5:58	18		171	
Lap 4	5.27	33:01	6:15	11	8:23	133	8:23	21.08	2:07:27	6:02	17		137	
Lap 5	5.27	35:09	6:40	14	9:50	149	9:50	26.35	2:42:36	6:10	16		163	39:47
Lap 6	5.27	37:56	7:11	16	11:59	160	12:05	31.62	3:20:32	6:20	21		150	51:46
Lap 7	5.27	40:56	7:46	18	14:49	163	14:49	36.89	4:01:28	6:32	16		145	1:06:35
Last lap Finish	5.27	50:30	9:34	28	24:47	231	24:47	42.16	4:51:58	6:55	16	3:30:25	177	4:25:11