



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PUCHERT, Alexander

Club: CaBa`s CaBaNauTeN
Number: 282

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:52:36

Speed: 8.61 km/h
Running performance: 6:56 min/km

Rank in course/Total: 178 (of 289)

Rank in course/Men: 168 (of 261)

Best time in course: 3:20:36

Rank in category: 39(of 55)

Best time in the category: 3:28:58

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	34:07	6:28	42	10:54	192	11:45	5.27	34:07	6:28	14	0:40	157	
Lap 2	5.27	34:26	6:32	43	9:56	193	11:00	10.54	1:08:33	6:30	1	-	132	
Lap 3	5.27	33:49	6:25	39	9:12	173	10:11	15.81	1:42:22	6:28	13	12:10	173	
Lap 4	5.27	34:58	6:38	37	9:57	171	10:20	21.08	2:17:20	6:30	11		138	5:40
Lap 5	5.27	37:19	7:04	43	11:01	186	12:00	26.35	2:54:39	6:37	1	-	165	51:50
Lap 6	5.27	37:37	7:08	33	10:02	153	11:46	31.62	3:32:16	6:42	13	13:05	152	1:03:30
Lap 7	5.27	39:05	7:24	32	10:34	136	12:58	36.89	4:11:21	6:48	12	0:51	147	1:16:28
Last lap Finish	5.27	41:15	7:49	35	13:37	157	15:32	42.16	4:52:36	6:56	41	3:15:23	179	4:25:49