



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

LENHARDT, Michael

Club: KSV der EVN
Number: 203

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:54:29

Speed: 8.56 km/h
Running performance: 6:59 min/km

Rank in course/Total: 184 (of 289)

Rank in course/Men: 172 (of 261)

Best time in course: 3:20:36

Rank in category: 16(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	36:19	6:53	24	12:16	224	13:57	5.27	36:19	6:53	1	-	182	
Lap 2	5.27	33:41	6:23	19	9:27	183	10:15	10.54	1:10:00	6:38	32	21:39	257	
Lap 3	5.27	33:50	6:25	17	9:19	174	10:12	15.81	1:43:50	6:34	1	-	177	
Lap 4	5.27	33:47	6:24	15	9:09	150	9:09	21.08	2:17:37	6:31	1	-	141	5:57
Lap 5	5.27	37:16	7:04	19	11:57	185	11:57	26.35	2:54:53	6:38	1	-	169	52:04
Lap 6	5.27	38:28	7:17	17	12:31	169	12:37	31.62	3:33:21	6:44	1	-	156	1:04:35
Lap 7	5.27	40:17	7:38	16	14:10	154	14:10	36.89	4:13:38	6:52	1	-	151	1:18:45
Last lap Finish	5.27	40:51	7:45	15	15:08	150	15:08	42.16	4:54:29	6:59	17	3:32:56	183	4:27:42