



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRAUSE, Joachim

Club: Team Vitargo
Number: 178

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:54:55

Speed: 8.54 km/h
Running performance: 7:00 min/km

Rank in course/Total: 186 (of 289)

Rank in course/Men: 174 (of 261)

Best time in course: 3:20:36

Rank in category: 43(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	35:43	6:46	45	12:30	215	13:21	5.27	35:43	6:46	18	2:16	184		
Lap 2	5.27	34:09	6:28	42	9:39	190	10:43	10.54	1:09:52	6:37	16	1:19	136		
Lap 3	5.27	33:35	6:22	37	8:58	170	9:57	15.81	1:43:27	6:32	17	13:15	179		
Lap 4	5.27	33:16	6:18	33	8:15	141	8:38	21.08	2:16:43	6:29	15		143	5:03	
Lap 5	5.27	34:07	6:28	29	7:49	128	8:48	26.35	2:50:50	6:28	18		121	48:01	
Lap 6	5.27	38:54	7:22	41	11:19	176	13:03	31.62	3:29:44	6:37	17	10:33	158	1:00:58	
Lap 7	5.27	40:29	7:40	36	11:58	156	14:22	36.89	4:10:13	6:46	52		247	1:15:20	
Last lap Finish	5.27	44:42	8:28	43	17:04	192	18:59	42.16	4:54:55	6:59	45	3:17:42	185	4:28:08	