



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BEINTNER, Michael

Club: Spirit of Jura
Number: 17

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:55:09

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

Rank in course/Total: 187 (of 289)

Rank in course/Men: 175 (of 261)

Best time in course: 3:20:36

Rank in category: 17(of 32)

Best time in the category: 3:20:36

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	32:48	6:13	14	8:45	153	10:26	5.27	32:48	6:13	16			185
Lap 2	5.27	33:36	6:22	18	9:22	181	10:10	10.54	1:06:24	6:17	31	18:03		246
Lap 3	5.27	34:07	6:28	19	9:36	179	10:29	15.81	1:40:31	6:21	16			180
Lap 4	5.27	35:06	6:39	19	10:28	177	10:28	21.08	2:15:37	6:26	15			144 3:57
Lap 5	5.27	36:20	6:53	17	11:01	168	11:01	26.35	2:51:57	6:31	14			172 49:08
Lap 6	5.27	38:59	7:23	19	13:02	177	13:08	31.62	3:30:56	6:40	13			159 1:02:10
Lap 7	5.27	43:41	8:17	20	17:34	188	17:34	36.89	4:14:37	6:54	14	0:59	153	1:19:44
Last lap Finish	5.27	40:32	7:41	14	14:49	148	14:49	42.16	4:55:09	7:00	18	3:33:36	186	4:28:22