



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WILDE, Wolfgang

Club: LT Nauen-Falkensee
Number: 408

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:55:16

Speed: 8.53 km/h
Running performance: 7:00 min/km

Rank in course/Total: 190 (of 289)

Rank in course/Men: 177 (of 261)

Best time in course: 3:20:36

Rank in category: 11(of 21)

Best time in the category: 4:02:33

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	31:23	5:57	8	5:20	126	9:01	5.27	31:23	5:57	1	-	187	
Lap 2	5.27	31:34	5:59	9	4:20	135	8:08	10.54	1:02:57	5:58	19	9:17	220	
Lap 3	5.27	32:31	6:10	8	4:03	144	8:53	15.81	1:35:28	6:02	1	-	182	
Lap 4	5.27	34:12	6:29	10	4:59	161	9:34	21.08	2:09:40	6:09	1	-	146	
Lap 5	5.27	37:20	7:05	10	7:30	188	12:01	26.35	2:47:00	6:20	1	-	174	44:11
Lap 6	5.27	39:34	7:30	11	7:42	183	13:43	31.62	3:26:34	6:31	1	-	161	57:48
Lap 7	5.27	43:31	8:15	12	9:32	184	17:24	36.89	4:10:05	6:46	21	34:30	246	1:15:12
Last lap Finish	5.27	45:11	8:34	13	10:28	198	19:28	42.16	4:55:16	7:00	11	52:43	188	4:28:29