



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BERTHOLD, Uwe

Club: Burgstädter LV
Number: 22

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:57:29

Speed: 8.47 km/h
Running performance: 7:04 min/km

Rank in course/Total: 193 (of 289)

Rank in course/Men: 180 (of 261)

Best time in course: 3:20:36

Rank in category: 36(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	33:38	6:22	36	10:15	177	11:16	5.27	33:38	6:22	11	1:58	174	
Lap 2	5.27	35:53	6:48	46	11:16	218	12:27	10.54	1:09:31	6:35	8	4:49	130	
Lap 3	5.27	36:40	6:57	44	11:19	216	13:02	15.81	1:46:11	6:42	12	5:31	185	
Lap 4	5.27	37:30	7:06	43	10:40	211	12:52	21.08	2:23:41	6:48	9	6:38	135	12:01
Lap 5	5.27	37:02	7:01	35	9:24	179	11:43	26.35	3:00:43	6:51	1	-	161	57:54
Lap 6	5.27	38:38	7:19	32	10:26	173	12:47	31.62	3:39:21	6:56	12	0:37	164	1:10:35
Lap 7	5.27	42:53	8:08	37	14:42	180	16:46	36.89	4:22:14	7:06	10		156	1:27:21
Last lap Finish	5.27	35:15	6:41	16	6:52	74	9:32	42.16	4:57:29	7:03	37	3:36:43	191	4:30:42