



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BRÄHLER, Rainer

Club: LT Wetzlar
Number: 27

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:00:26

Speed: 8.39 km/h
Running performance: 7:08 min/km

Rank in course/Total: 195 (of 289)

Rank in course/Men: 182 (of 261)

Best time in course: 3:20:36

Rank in category: 19(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	35:05	6:39	21	11:02	207	12:43	5.27	35:05	6:39	14			195
Lap 2	5.27	33:50	6:25	20	9:36	187	10:24	10.54	1:08:55	6:32	12	20:34		142
Lap 3	5.27	33:31	6:21	15	9:00	168	9:53	15.81	1:42:26	6:28	14			190
Lap 4	5.27	34:30	6:32	17	9:52	167	9:52	21.08	2:16:56	6:29	14			152 5:16
Lap 5	5.27	37:45	7:09	20	12:26	194	12:26	26.35	2:54:41	6:37	12			182 51:52
Lap 6	5.27	39:19	7:27	21	13:22	180	13:28	31.62	3:34:00	6:46	11	0:39	169	1:05:14
Lap 7	5.27	44:08	8:22	22	18:01	192	18:01	36.89	4:18:08	6:59	13	4:30	161	1:23:15
Last lap Finish	5.27	42:18	8:01	20	16:35	173	16:35	42.16	5:00:26	7:07	20	3:38:53	193	4:33:39