



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MARQUARDT, Herbert

Club: 1.FC Rentweinsdorf
Number: 218

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:03:07

Speed: 8.31 km/h
Running performance: 7:11 min/km

Rank in course/Total: 201 (of 289)

Rank in course/Men: 188 (of 261)

Best time in course: 3:20:36

Rank in category: 39(of 50)

Best time in the category: 3:39:13

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control | 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 | 36:52 | 6:59 | 48 | 13:29 | 234 | 14:30 | 5.27 | 36:52 | 6:59 | 15 | 5:12 | 198 | |
| Lap 2 | 5.27 | 35:44 | 6:46 | 44 | 11:07 | 215 | 12:18 | 10.54 | 1:12:36 | 6:53 | 12 | 7:54 | 144 | |
| Lap 3 | 5.27 | 35:54 | 6:48 | 38 | 10:33 | 202 | 12:16 | 15.81 | 1:48:30 | 6:51 | 15 | 7:50 | 193 | |
| Lap 4 | 5.27 | 36:19 | 6:53 | 37 | 9:29 | 194 | 11:41 | 21.08 | 2:24:49 | 6:52 | 13 | 7:46 | 155 | 13:09 |
| Lap 5 | 5.27 | 38:04 | 7:13 | 41 | 10:26 | 199 | 12:45 | 26.35 | 3:02:53 | 6:56 | 16 | 2:10 | 184 | 1:00:04 |
| Lap 6 | 5.27 | 41:26 | 7:51 | 40 | 13:14 | 200 | 15:35 | 31.62 | 3:44:19 | 7:05 | 15 | 5:35 | 172 | 1:15:33 |
| Lap 7 | 5.27 | 41:17 | 7:50 | 33 | 13:06 | 165 | 15:10 | 36.89 | 4:25:36 | 7:11 | 1 | - | 164 | 1:30:43 |
| Last lap Finish | 5.27 | 37:31 | 7:07 | 25 | 9:08 | 116 | 11:48 | 42.16 | 5:03:07 | 7:11 | 40 | 3:42:21 | 199 | 4:36:20 |