



# 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