



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

CABA, Kirsche

Club: CaBa`s CaBaNauTeN
Number: 36

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:04:42

Speed: 8.27 km/h
Running performance: 7:14 min/km

Rank in course/Total: 204 (of 289)

Rank in course/Men: 190 (of 261)

Best time in course: 3:20:36

Rank in category: 16(of 22)

Best time in the category: 3:31:12

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	34:55	6:37	18	10:53	203	12:33	5.27	34:55	6:37	5		200	
Lap 2	5.27	35:35	6:45	19	10:46	211	12:09	10.54	1:10:30	6:41	5	16:55	145	
Lap 3	5.27	37:15	7:04	19	12:21	223	13:37	15.81	1:47:45	6:48	5	10:42	195	
Lap 4	5.27	40:08	7:36	20	14:37	238	15:30	21.08	2:27:53	7:00	4	39:35	157	16:13
Lap 5	5.27	37:48	7:10	17	11:48	195	12:29	26.35	3:05:41	7:02	5	22:27	185	1:02:52
Lap 6	5.27	38:50	7:22	16	11:51	175	12:59	31.62	3:44:31	7:06	5	26:22	174	1:15:45
Lap 7	5.27	41:28	7:52	12	13:08	166	15:21	36.89	4:25:59	7:12	5	31:15	166	1:31:06
Last lap Finish	5.27	38:43	7:20	12	11:56	124	13:00	42.16	5:04:42	7:13	19	4:37:55	201	4:37:55