



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BENTELE, Benjamin

Club: SV Reinstetten
Number: 20

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:07:08

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 208 (of 289)

Rank in course/Men: 194 (of 261)

Best time in course: 3:20:36

Rank in category: 17(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	24:02	4:33	1	-	7	1:40	5.27	24:02	4:33	4		61	
Lap 2	5.27	27:22	5:11	3	2:33	38	3:56	10.54	51:24	4:52	4		147	
Lap 3	5.27	29:52	5:40	6	4:58	77	6:14	15.81	1:21:16	5:08	4		199	
Lap 4	5.27	34:57	6:37	18	9:26	170	10:19	21.08	1:56:13	5:30	3	7:55	160	
Lap 5	5.27	32:20	6:08	11	6:20	86	7:01	26.35	2:28:33	5:38	4		189	25:44
Lap 6	5.27	35:16	6:41	12	8:17	111	9:25	31.62	3:03:49	5:48	4		178	35:03
Lap 7	5.27	1:01:42	11:42	19	33:22	255	35:35	36.89	4:05:31	6:39	4	10:47	170	1:10:38
Last lap Finish	5.27	1:01:37	11:41	20	34:50	253	35:54	42.16	5:07:08	7:17	20	4:40:21	205	4:40:21