



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BLUMENSAAT, Roland

Club: www.schritt-weise.de
Number: 418

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:07:35

Speed: 8.19 km/h
Running performance: 7:18 min/km

Rank in course/Total: 209 (of 289)

Rank in course/Men: 195 (of 261)

Best time in course: 3:20:36

Rank in category: 22(of 32)

Best time in the category: 3:20:36

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	39:02	7:24	32	14:59	256	16:40	5.27	39:02	7:24	11	2:43	205	0:04
Lap 2	5.27	38:24	7:17	30	14:10	248	14:58	10.54	1:17:26	7:20	11	29:05	148	
Lap 3	5.27	37:42	7:09	25	13:11	234	14:04	15.81	1:55:08	7:16	11	11:18	200	
Lap 4	5.27	38:39	7:20	23	14:01	218	14:01	21.08	2:33:47	7:17	11	16:10	161	22:07
Lap 5	5.27	38:27	7:17	23	13:08	205	13:08	26.35	3:12:14	7:17	9	17:21	190	1:09:25
Lap 6	5.27	38:34	7:19	18	12:37	170	12:43	31.62	3:50:48	7:17	8	17:27	179	1:22:02
Lap 7	5.27	39:29	7:29	15	13:22	147	13:22	36.89	4:30:17	7:19	10	16:39	171	1:35:24
Last lap Finish	5.27	37:18	7:04	11	11:35	110	11:35	42.16	5:07:35	7:17	23	3:46:02	206	4:40:48