



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**MEYER-CARLSTÄDT, Volker**

Club: Warendorf  
Number: 229

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 5:08:02

Speed: 8.18 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 212 (of 289)

Rank in course/Men: 198 (of 261)

Best time in course: 3:20:36

Rank in category: 45(of 55)

Best time in the category: 3:28:58

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	36:44	6:58	51	13:31	228	14:22	5.27	36:44	6:58	20	3:17	208	
Lap 2	5.27	37:32	7:07	52	13:02	238	14:06	10.54	1:14:16	7:02	17	5:43	149	
Lap 3	5.27	36:04	6:50	48	11:27	208	12:26	15.81	1:50:20	6:58	19	20:08	203	
Lap 4	5.27	37:06	7:02	46	12:05	203	12:28	21.08	2:27:26	6:59	17	3:49	164	15:46
Lap 5	5.27	36:57	7:00	41	10:39	178	11:38	26.35	3:04:23	6:59	52	9:44	246	1:01:34
Lap 6	5.27	38:41	7:20	40	11:06	174	12:50	31.62	3:43:04	7:03	19	23:53	182	1:14:18
Lap 7	5.27	41:46	7:55	39	13:15	171	15:39	36.89	4:24:50	7:10	17	14:20	174	1:29:57
Last lap Finish	5.27	43:12	8:11	41	15:34	182	17:29	42.16	5:08:02	7:18	47	3:30:49	209	4:41:15