



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KRAUSE, Timo

Club: Runkel
Number: 177

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 5:08:31

Speed: 8.17 km/h
Running performance: 7:19 min/km

Rank in course/Total: 213 (of 289)

Rank in course/Men: 199 (of 261)

Best time in course: 3:20:36

Rank in category: 34(of 42)

Best time in the category: 3:29:26

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	32:55	6:14	27	10:33	156	10:33	5.27	32:55	6:14	16		164	
Lap 2	5.27	31:43	6:01	25	8:17	137	8:17	10.54	1:04:38	6:07	14	2:53	150	
Lap 3	5.27	32:52	6:14	28	9:14	155	9:14	15.81	1:37:30	6:10	16		204	
Lap 4	5.27	36:01	6:50	35	10:59	191	11:23	21.08	2:13:31	6:20	12		165	1:51
Lap 5	5.27	39:43	7:32	38	13:34	215	14:24	26.35	2:53:14	6:34	15	3:39	192	50:25
Lap 6	5.27	44:09	8:22	39	17:38	220	18:18	31.62	3:37:23	6:52	14	5:00	183	1:08:37
Lap 7	5.27	44:42	8:28	34	17:03	198	18:35	36.89	4:22:05	7:06	13	9:01	175	1:27:12
Last lap Finish	5.27	46:26	8:48	34	19:49	207	20:43	42.16	5:08:31	7:19	37	3:42:38	210	4:41:44