



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WOLOWSKI, Vincent

Club: Ski Club Heidelberg
Number: 413

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 5:08:39

Speed: 8.16 km/h
Running performance: 7:19 min/km

Rank in course/Total: 214 (of 289)

Rank in course/Men: 200 (of 261)

Best time in course: 3:20:36

Rank in category: 35(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	29:06	5:31	17	6:44	83	6:44	5.27	29:06	5:31	17		210	
Lap 2	5.27	31:30	5:58	24	8:04	133	8:04	10.54	1:00:36	5:44	15		151	
Lap 3	5.27	34:24	6:31	34	10:46	180	10:46	15.81	1:35:00	6:00	17		205	
Lap 4	5.27	38:06	7:13	39	13:04	216	13:28	21.08	2:13:06	6:18	13		166	1:26
Lap 5	5.27	38:38	7:19	36	12:29	207	13:19	26.35	2:51:44	6:31	16	2:09	193	48:55
Lap 6	5.27	41:37	7:53	35	15:06	201	15:46	31.62	3:33:21	6:44	15	0:58	156	1:04:35
Lap 7	5.27	45:38	8:39	36	17:59	204	19:31	36.89	4:18:59	7:01	14	5:55	176	1:24:06
Last lap Finish	5.27	49:40	9:25	36	23:03	225	23:57	42.16	5:08:39	7:19	38	3:42:46	211	4:41:52