



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**MEYER, Frank**

Club: SG Rehungen  
Number: 227

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 5:08:51

Speed: 8.16 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 215 (of 289)

Rank in course/Men: 201 (of 261)

Best time in course: 3:20:36

Rank in category: 43(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	33:48	6:24	40	10:25	186	11:26	5.27	33:48	6:24	19	2:08	211	
Lap 2	5.27	34:54	6:37	41	10:17	202	11:28	10.54	1:08:42	6:31	14	4:00	152	
Lap 3	5.27	36:32	6:55	42	11:11	213	12:54	15.81	1:45:14	6:39	19	4:34	206	
Lap 4	5.27	36:26	6:54	39	9:36	197	11:48	21.08	2:21:40	6:43	16	4:37	167	10:00
Lap 5	5.27	39:24	7:28	42	11:46	212	14:05	26.35	3:01:04	6:52	48	0:21	243	58:15
Lap 6	5.27	40:30	7:41	38	12:18	192	14:39	31.62	3:41:34	7:00	19	2:50	185	1:12:48
Lap 7	5.27	41:33	7:53	34	13:22	167	15:26	36.89	4:23:07	7:07	17		177	1:28:14
Last lap Finish	5.27	45:44	8:40	43	17:21	201	20:01	42.16	5:08:51	7:19	44	3:48:05	212	4:42:04