



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**MARTIN, Holan**

Club: TJ Liga 100 Praha  
Number: 219

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 5:15:58

Speed: 8.01 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 226 (of 289)

Rank in course/Men: 209 (of 261)

Best time in course: 3:20:36

Rank in category: 44(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	33:11	6:17	32	9:48	165	10:49	5.27	33:11	6:17	20	1:31	218	
Lap 2	5.27	32:22	6:08	29	7:45	154	8:56	10.54	1:05:33	6:13	15	0:51	159	
Lap 3	5.27	33:30	6:21	31	8:09	167	9:52	15.81	1:39:03	6:15	20		213	
Lap 4	5.27	35:04	6:39	36	8:14	176	10:26	21.08	2:14:07	6:21	17		173	2:27
Lap 5	5.27	40:52	7:45	45	13:14	223	15:33	26.35	2:54:59	6:38	19		197	52:10
Lap 6	5.27	43:27	8:14	43	15:15	216	17:36	31.62	3:38:26	6:54	20		192	1:09:40
Lap 7	5.27	46:22	8:47	44	18:11	212	20:15	36.89	4:24:48	7:10	18		184	1:29:55
Last lap Finish	5.27	51:10	9:42	49	22:47	239	25:27	42.16	5:15:58	7:29	45	3:55:12	220	4:49:11