



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HELLMICH, Peter

Club: LG Halbe Lunge Bärnin
Number: 114

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:16:20

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 227 (of 289)

Rank in course/Men: 210 (of 261)

Best time in course: 3:20:36

Rank in category: 18(of 22)

Best time in the category: 3:31:12

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	31:53	6:02	11	7:51	139	9:31	5.27	31:53	6:02	3		219	
Lap 2	5.27	30:46	5:50	13	5:57	117	7:20	10.54	1:02:39	5:56	3	9:04	114	
Lap 3	5.27	31:20	5:56	14	6:26	120	7:42	15.81	1:33:59	5:56	3		140	
Lap 4	5.27	34:15	6:29	16	8:44	162	9:37	21.08	2:08:14	6:04	19	19:56	250	
Lap 5	5.27	38:24	7:17	19	12:24	204	13:05	26.35	2:46:38	6:19	3	3:24	84	43:49
Lap 6	5.27	51:44	9:48	20	24:45	253	25:53	31.62	3:38:22	6:54	3	20:13	193	1:09:36
Lap 7	5.27	50:05	9:30	17	21:45	241	23:58	36.89	4:28:27	7:16	3	33:43	185	1:33:34
Last lap Finish	5.27	47:53	9:05	17	21:06	216	22:10	42.16	5:16:20	7:30	21	4:49:33	221	4:49:33