



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HARNISCH, Wolfgang

Club: MSV Zossen 07
Number: 106

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 5:19:02

Speed: 7.93 km/h
Running performance: 7:34 min/km

Rank in course/Total: 230 (of 289)

Rank in course/Men: 212 (of 261)

Best time in course: 3:20:36

Rank in category: 14(of 21)

Best time in the category: 4:02:33

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	36:30	6:55	18	10:27	225	14:08	5.27	36:30	6:55	9	5:07	222	
Lap 2	5.27	37:22	7:05	17	10:08	235	13:56	10.54	1:13:52	7:00	7	20:12	162	
Lap 3	5.27	37:50	7:10	17	9:22	236	14:12	15.81	1:51:42	7:03	9	16:14	217	
Lap 4	5.27	40:19	7:39	18	11:06	242	15:41	21.08	2:32:01	7:12	9	22:21	175	20:21
Lap 5	5.27	40:35	7:42	13	10:45	219	15:16	26.35	3:12:36	7:18	8	25:36	200	1:09:47
Lap 6	5.27	41:16	7:49	12	9:24	198	15:25	31.62	3:53:52	7:23	7	27:18	196	1:25:06
Lap 7	5.27	44:14	8:23	13	10:15	193	18:07	36.89	4:38:06	7:32	9	1:02:31	188	1:43:13
Last lap Finish	5.27	40:56	7:46	9	6:13	151	15:13	42.16	5:19:02	7:34	14	1:16:29	223	4:52:15