



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GNOYKE, Björn

Club: Jogmap S.-H.
Number: 94

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:19:49

Speed: 7.88 km/h
Running performance: 7:35 min/km

Rank in course/Total: 231 (of 289)

Rank in course/Men: 213 (of 261)

Best time in course: 3:20:36

Rank in category: 46(of 55)

Best time in the category: 3:28:58

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	32:04	6:05	32	8:51	143	9:42	5.27	32:04	6:05	21		223	
Lap 2	5.27	33:19	6:19	38	8:49	176	9:53	10.54	1:05:23	6:12	50		237	
Lap 3	5.27	35:23	6:42	43	10:46	195	11:45	15.81	1:40:46	6:22	20	10:34	218	
Lap 4	5.27	35:17	6:41	40	10:16	181	10:39	21.08	2:16:03	6:27	18		176	4:23
Lap 5	5.27	36:54	7:00	39	10:36	176	11:35	26.35	2:52:57	6:33	20		201	50:08
Lap 6	5.27	40:06	7:36	42	12:31	188	14:15	31.62	3:33:03	6:44	20	13:52	197	1:04:17
Lap 7	5.27	50:48	9:38	54	22:17	245	24:41	36.89	4:23:51	7:09	18	13:21	189	1:28:58
Last lap Finish	5.27	55:58	10:37	53	28:20	249	30:15	42.16	5:19:49	7:35	48	3:42:36	224	4:53:02