



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KIENE, Michael

Club: MSF-Moringen
Number: 164

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 5:19:49

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

Rank in course/Total: 232 (of 289)

Rank in course/Men: 214 (of 261)

Best time in course: 3:20:36

Rank in category: 37(of 42)

Best time in the category: 3:29:26

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	26	9:42	143	9:42	5.27	32:04	6:05	19		223	
Lap 2	5.27	33:18	6:19	33	9:52	175	9:52	10.54	1:05:22	6:12	38	3:37	236	
Lap 3	5.27	35:24	6:43	36	11:46	196	11:46	15.81	1:40:46	6:22	19		218	
Lap 4	5.27	35:16	6:41	33	10:14	180	10:38	21.08	2:16:02	6:27	15		177	4:22
Lap 5	5.27	37:03	7:01	34	10:54	181	11:44	26.35	2:53:05	6:34	18	3:30	202	50:16
Lap 6	5.27	39:57	7:34	33	13:26	185	14:06	31.62	3:33:02	6:44	17	0:39	198	1:04:16
Lap 7	5.27	50:48	9:38	41	23:09	245	24:41	36.89	4:23:50	7:09	16	10:46	190	1:28:57
Last lap Finish	5.27	55:59	10:37	40	29:22	250	30:16	42.16	5:19:49	7:35	40	3:53:56	224	4:53:02