



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**HEß, Christian**

Club: Oldenburg  
Number: 118

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 5:20:02

Speed: 7.87 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 233 (of 289)

Rank in course/Men: 215 (of 261)

Best time in course: 3:20:36

Rank in category: 27(of 31)

Best time in the category: 3:22:43

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	32:05	6:05	24	8:28	145	9:43	5.27	32:05	6:05	5	4:54	225	
Lap 2	5.27	32:05	6:05	23	7:32	148	8:39	10.54	1:04:10	6:05	30	9:00	226	
Lap 3	5.27	32:49	6:13	22	8:31	152	9:11	15.81	1:36:59	6:08	5	12:27	220	
Lap 4	5.27	37:18	7:04	27	12:39	204	12:40	21.08	2:14:17	6:22	5	19:53	178	2:37
Lap 5	5.27	40:35	7:42	29	15:09	219	15:16	26.35	2:54:52	6:38	4	29:05	203	52:03
Lap 6	5.27	49:12	9:20	30	23:21	250	23:21	31.62	3:44:04	7:05	5	1:06:03	199	1:15:18
Lap 7	5.27	50:13	9:31	30	24:02	242	24:06	36.89	4:34:17	7:26	5	54:07	191	1:39:24
Last lap Finish	5.27	45:45	8:40	26	19:41	203	20:02	42.16	5:20:02	7:35	28	1:57:19	226	4:53:15