



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RICHTER, Frank

Club: FRguy
Number: 293

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:21:15

Speed: 7.87 km/h
Running performance: 7:37 min/km

Rank in course/Total: 234 (of 289)

Rank in course/Men: 216 (of 261)

Best time in course: 3:20:36

Rank in category: 47(of 55)

Best time in the category: 3:28:58

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	36:12	6:52	49	12:59	220	13:50	5.27	36:12	6:52	22	2:45	226	
Lap 2	5.27	35:35	6:45	48	11:05	211	12:09	10.54	1:11:47	6:48	18	3:14	163	
Lap 3	5.27	36:00	6:49	47	11:23	205	12:22	15.81	1:47:47	6:49	21	17:35	221	
Lap 4	5.27	36:17	6:53	43	11:16	193	11:39	21.08	2:24:04	6:50	19	0:27	154	12:24
Lap 5	5.27	38:28	7:17	46	12:10	206	13:09	26.35	3:02:32	6:55	21	7:53	204	59:43
Lap 6	5.27	41:44	7:55	45	14:09	202	15:53	31.62	3:44:16	7:05	21	25:05	200	1:15:30
Lap 7	5.27	46:20	8:47	47	17:49	210	20:13	36.89	4:30:36	7:20	19	20:06	192	1:35:43
Last lap Finish	5.27	50:39	9:36	50	23:01	234	24:56	42.16	5:21:15	7:37	49	3:44:02	227	4:54:28