



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

VEY, Christoph

Club: CaBa`s CaBaNauTeN
Number: 385

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:23:42

Speed: 7.81 km/h
Running performance: 7:41 min/km

Rank in course/Total: 237 (of 289)

Rank in course/Men: 219 (of 261)

Best time in course: 3:20:36

Rank in category: 28(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	36:55	7:00	28	13:18	235	14:33	5.27	36:55	7:00	4	9:44	229	
Lap 2	5.27	36:38	6:57	29	12:05	229	13:12	10.54	1:13:33	6:58	4	18:23	36	
Lap 3	5.27	37:26	7:06	29	13:08	226	13:48	15.81	1:50:59	7:01	4	26:27	224	
Lap 4	5.27	38:48	7:21	29	14:09	220	14:10	21.08	2:29:47	7:06	4	35:23	182	18:07
Lap 5	5.27	38:39	7:20	27	13:13	208	13:20	26.35	3:08:26	7:09	31	42:39	249	1:05:37
Lap 6	5.27	41:24	7:51	26	15:33	199	15:33	31.62	3:49:50	7:16	4	1:11:49	203	1:21:04
Lap 7	5.27	44:47	8:29	25	18:36	199	18:40	36.89	4:34:37	7:26	4	54:27	195	1:39:44
Last lap Finish	5.27	49:05	9:18	27	23:01	222	23:22	42.16	5:23:42	7:40	29	2:00:59	230	4:56:55