



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PFLÜGLER, Christian

Club: 100 Marathon Club
Number: 269

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:25:38

Speed: 7.74 km/h
Running performance: 7:43 min/km

Rank in course/Total: 240 (of 289)

Rank in course/Men: 221 (of 261)

Best time in course: 3:20:36

Rank in category: 49(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	35:51	6:48	46	12:38	217	13:29	5.27	35:51	6:48	5	2:24	141	
Lap 2	5.27	34:52	6:36	45	10:22	200	11:26	10.54	1:10:43	6:42	19	2:10	166	
Lap 3	5.27	35:30	6:44	44	10:53	197	11:52	15.81	1:46:13	6:43	23	16:01	226	
Lap 4	5.27	37:27	7:06	47	12:26	210	12:49	21.08	2:23:40	6:48	21	0:03	184	12:00
Lap 5	5.27	41:11	7:48	49	14:53	225	15:52	26.35	3:04:51	7:00	23	10:12	207	1:02:02
Lap 6	5.27	45:04	8:33	50	17:29	230	19:13	31.62	3:49:55	7:16	23	30:44	205	1:21:09
Lap 7	5.27	46:23	8:48	48	17:52	213	20:16	36.89	4:36:18	7:29	21	25:48	197	1:41:25
Last lap Finish	5.27	49:20	9:21	47	21:42	223	23:37	42.16	5:25:38	7:43	51	3:48:25	232	4:58:51