



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

IBRON, Alexander

Club: CaBa`s CaBaNauTeN
Number: 138

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:28:18

Speed: 7.68 km/h
Running performance: 7:47 min/km

Rank in course/Total: 243 (of 289)

Rank in course/Men: 223 (of 261)

Best time in course: 3:20:36

Rank in category: 50(of 55)

Best time in the category: 3:28:58

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	37:30	7:06	53	14:17	241	15:08	5.27	37:30	7:06	25	4:03	234	
Lap 2	5.27	36:03	6:50	50	11:33	223	12:37	10.54	1:13:33	6:58	20	5:00	36	
Lap 3	5.27	37:26	7:06	52	12:49	226	13:48	15.81	1:50:59	7:01	24	20:47	224	
Lap 4	5.27	38:48	7:21	49	13:47	220	14:10	21.08	2:29:47	7:06	22	6:10	182	18:07
Lap 5	5.27	38:39	7:20	47	12:21	208	13:20	26.35	3:08:26	7:09	53	13:47	249	1:05:37
Lap 6	5.27	42:49	8:07	47	15:14	211	16:58	31.62	3:51:15	7:18	24	32:04	208	1:22:29
Lap 7	5.27	46:25	8:48	49	17:54	215	20:18	36.89	4:37:40	7:31	22	27:10	200	1:42:47
Last lap Finish	5.27	50:38	9:36	49	23:00	233	24:55	42.16	5:28:18	7:47	52	3:51:05	234	5:01:31