



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BALTRES, Andreas

Club: TSV Rönsahl

Number: 9

Course: 42.16 km

Marathon

Category:

Männer M45

Total time: 5:34:06

Speed: 7.57 km/h

Running performance: 7:55 min/km

Rank in course/Total: 251 (of 289)

Rank in course/Men: 230 (of 261)

Best time in course: 3:20:36

Rank in category: 47(of 50)

Best time in the category: 3:39:13

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	32:51	6:14	31	9:28	155	10:29	5.27	32:51	6:14	23	1:11	240	
Lap 2	5.27	33:38	6:22	36	9:01	182	10:12	10.54	1:06:29	6:18	18	1:47	175	
Lap 3	5.27	37:53	7:11	49	12:32	237	14:15	15.81	1:44:22	6:36	23	3:42	235	
Lap 4	5.27	43:13	8:12	49	16:23	251	18:35	21.08	2:27:35	7:00	20	10:32	193	15:55
Lap 5	5.27	45:56	8:42	49	18:18	251	20:37	26.35	3:13:31	7:20	21	12:48	214	1:10:42
Lap 6	5.27	48:07	9:07	48	19:55	245	22:16	31.62	4:01:38	7:38	23	22:54	212	1:32:52
Lap 7	5.27	47:20	8:58	46	19:09	221	21:13	36.89	4:48:58	7:49	21	23:22	206	1:54:05
Last lap Finish	5.27	45:08	8:33	42	16:45	197	19:25	42.16	5:34:06	7:55	48	4:13:20	241	5:07:19