



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MEYER, Hans-Joachim

Club: 100 Marathon Club
Number: 226

Course: 42.16 km
Marathon

Category:
Männer M70

Total time: 5:51:42

Speed: 7.19 km/h
Running performance: 8:20 min/km

Rank in course/Total: 269 (of 289)

Rank in course/Men: 244 (of 261)

Best time in course: 3:20:36

Rank in category: 2(of 2)

Best time in the category: 5:09:24

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	40:37	7:42	2	5:12	259	18:15	5.27	40:37	7:42	2	5:12	254	1:39
Lap 2	5.27	39:52	7:33	2	4:28	255	16:26	10.54	1:20:29	7:38	2	9:40	188	
Lap 3	5.27	40:41	7:43	2	5:21	251	17:03	15.81	2:01:10	7:39	2	15:01	256	5:04
Lap 4	5.27	41:56	7:57	2	5:21	248	17:18	21.08	2:43:06	7:44	2	20:22	207	31:26
Lap 5	5.27	45:37	8:39	2	7:23	249	20:18	26.35	3:28:43	7:55	1	-	228	1:25:54
Lap 6	5.27	46:09	8:45	2	5:39	233	20:18	31.62	4:14:52	8:03	2	33:24	223	1:46:06
Lap 7	5.27	48:07	9:07	2	3:36	225	22:00	36.89	5:02:59	8:12	2	37:00	249	2:08:06
Last lap Finish	5.27	48:43	9:14	2	5:18	219	23:00	42.16	5:51:42	8:20	2	42:18	255	5:24:55