



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MAJEK, Jaroslaw

Club: KB Maniac Poznan
Number: 215

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:53:13

Speed: 7.13 km/h
Running performance: 8:23 min/km

Rank in course/Total: 271 (of 289)

Rank in course/Men: 245 (of 261)

Best time in course: 3:20:36

Rank in category: 52(of 55)

Best time in the category: 3:28:58

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	34:08	6:28	43	10:55	194	11:46	5.27	34:08	6:28	27	0:41	255	
Lap 2	5.27	36:11	6:51	51	11:41	226	12:45	10.54	1:10:19	6:40	55	1:46	259	
Lap 3	5.27	37:22	7:05	50	12:45	224	13:44	15.81	1:47:41	6:48	26	17:29	249	
Lap 4	5.27	44:30	8:26	54	19:29	254	19:52	21.08	2:32:11	7:13	24	8:34	208	20:31
Lap 5	5.27	52:12	9:54	54	25:54	256	26:53	26.35	3:24:23	7:45	25	29:44	229	1:21:34
Lap 6	5.27	52:48	10:01	54	25:13	255	26:57	31.62	4:17:11	8:08	26	58:00	224	1:48:25
Lap 7	5.27	50:04	9:30	52	21:33	240	23:57	36.89	5:07:15	8:19	53	56:45	250	2:12:22
Last lap Finish	5.27	45:58	8:43	46	18:20	205	20:15	42.16	5:53:13	8:22	54	4:16:00	256	5:26:26