



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PENALBA, Rafael

Club: team bittel
Number: 263

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 6:03:20

Speed: 6.94 km/h
Running performance: 8:37 min/km

Rank in course/Total: 276 (of 289)

Rank in course/Men: 250 (of 261)

Best time in course: 3:20:36

Rank in category: 31(of 32)

Best time in the category: 3:20:36

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	36:46	6:58	26	12:43	230	14:24	5.27	36:46	6:58	2	0:27	249	
Lap 2	5.27	39:21	7:28	31	15:07	253	15:55	10.54	1:16:07	7:13	2	27:46	193	
Lap 3	5.27	42:06	7:59	31	17:35	255	18:28	15.81	1:58:13	7:28	2	14:23	254	2:07
Lap 4	5.27	49:17	9:21	32	24:39	258	24:39	21.08	2:47:30	7:56	2	29:53	213	35:50
Lap 5	5.27	47:51	9:04	32	22:32	255	22:32	26.35	3:35:21	8:10	2	40:28	234	1:32:32
Lap 6	5.27	49:11	9:19	32	23:14	249	23:20	31.62	4:24:32	8:21	2	51:11	228	1:55:46
Lap 7	5.27	49:01	9:18	30	22:54	233	22:54	36.89	5:13:33	8:29	2	59:55	223	2:18:40
Last lap Finish	5.27	49:47	9:26	27	24:04	227	24:04	42.16	6:03:20	8:37	32	4:41:47	261	5:36:33