



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ROSCHLAUB, Jan

Club: Rennschnecken Cottbus
Number: 298

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:40:53

Speed: 7.86 km/h
Running performance: 7:38 min/km

Rank in course/Total: 41 (of 53)

Rank in course/Men: 30 (of 39)

Best time in course: 1:49:45

Rank in category: 9(of 10)

Best time in the category: 2:01:34

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	35:52	6:48	7	6:53	26	10:16	5.27	35:52	6:48	9	6:52	8	
Lap 2	5.27	37:43	7:09	10	8:11	30	11:45	10.54	1:13:35	6:58	8	15:03	9	
Lap 3	5.27	40:48	7:44	8	10:01	30	13:06	15.81	1:54:23	7:14	9	25:00	9	
Last lap Finish	5.27	46:30	8:49	9	15:26	33	16:49	21.08	2:40:53	7:37	9	39:19	30	51:08