



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WALGERS, Arien

Club: Dasseler SC
Number: 390

Course: 31.62 km
3/4 Marathon

Category:
Männer M40

Total time: 2:49:49

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 3 (of 23)

Rank in course/Men: 3 (of 21)

Best time in course: 2:26:37

Rank in category: 1(of 6)

Best time in the category: 2:49:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	25:23	4:48	3	1:07	5	3:45	5.27	25:23	4:48	1	-	20	
Lap 2	5.27	26:43	5:04	3	1:15	5	4:18	10.54	52:06	4:56	1	-	13	4:57
Lap 3	5.27	27:27	5:12	2	0:10	4	4:07	15.81	1:19:33	5:01	1	-	19	
Lap 4	5.27	27:56	5:18	1	-	3	3:25	21.08	1:47:29	5:05	1	-	19	
Lap 5	5.27	29:18	5:33	1	-	2	4:17	26.35	2:16:47	5:11	1	-	17	
Last lap Finish	5.27	33:02	6:16	1	-	3	3:20	31.62	2:49:49	5:22	1	-	3	23:12