



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

GLÄSER, Kay-Olaf

Club: ESV Lok Berlin-Schöneweide
Number: 92

Course: 21.08 km
Halbmarathon

Category:
Männer M50

Total time: 3:00:38

Speed: 7.00 km/h
Running performance: 8:34 min/km

Rank in course/Total: 52 (of 53)

Rank in course/Men: 39 (of 39)

Best time in course: 1:49:45

Rank in category: 8(of 8)

Best time in the category: 2:17:05

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	41:32	7:52	8	8:04	39	15:56	5.27	41:32	7:52	7	7:52	18	3:40
Lap 2	5.27	45:43	8:40	8	12:27	39	19:45	10.54	1:27:15	8:16	6	20:31	18	12:38
Lap 3	5.27	46:32	8:49	8	11:38	39	18:50	15.81	2:13:47	8:27	7	30:17	17	18:07
Last lap Finish	5.27	46:51	8:53	7	13:16	34	17:10	21.08	3:00:38	8:34	8	43:33	39	1:10:53