



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BECHLER, Ralf

Club: Rennsteiglaufverein
Number: 15

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:04:24

Speed: 10.09 km/h
Running performance: 5:50 min/km

Rank in course/Total: 5 (of 23)

Rank in course/Men: 5 (of 21)

Best time in course: 2:26:37

Rank in category: 1(of 5)

Best time in the category: 3:04:24

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	29:42	5:38	1	-	6	8:04	5.27	29:42	5:38	1	-	18		
Lap 2	5.27	30:35	5:48	2	1:08	8	8:10	10.54	1:00:17	5:43	3		16	13:08	
Lap 3	5.27	30:11	5:43	1	-	6	6:51	15.81	1:30:28	5:43	1	-	17		
Lap 4	5.27	30:15	5:44	1	-	5	5:44	21.08	2:00:43	5:43	1	-	17		
Lap 5	5.27	31:16	5:55	1	-	5	6:15	26.35	2:31:59	5:46	1	-	15		
Last lap Finish	5.27	32:25	6:09	1	-	2	2:43	31.62	3:04:24	5:49	1	-	5	37:47	