



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**AMBORN, Ulrich**

Club: LG Offenbach  
Number: 3

Course: 42.16 km  
Marathon

Category:  
Männer M50

Total time: 3:20:36

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 1 (of 289)

Rank in course/Men: 1 (of 261)

Best time in course: 3:20:36

Rank in category: 1(of 32)

Best time in the category: 3:20:36

### Intermediate times

### Stage score

### Total ranking

| Control         | Split |       | Pos  | Behind | Pos    |      | Total | Total | Total   | Pos  | Behind | Pos     | Behind |         |
|-----------------|-------|-------|------|--------|--------|------|-------|-------|---------|------|--------|---------|--------|---------|
|                 | km    | Time  |      |        | min/km | Cat. |       |       |         |      |        |         |        | Cat.    |
| Lap 1           | 5.27  | 24:07 | 4:34 | 2      | 0:04   | 10   | 1:45  | 5.27  | 24:07   | 4:34 | 32     |         | 8      |         |
| Lap 2           | 5.27  | 24:14 | 4:35 | 1      | -      | 2    | 0:48  | 10.54 | 48:21   | 4:35 | 1      | -       | 6      |         |
| Lap 3           | 5.27  | 24:31 | 4:39 | 1      | -      | 3    | 0:53  | 15.81 | 1:12:52 | 4:36 | 17     |         | 4      |         |
| Lap 4           | 5.27  | 24:38 | 4:40 | 1      | -      | 1    | -     | 21.08 | 1:37:30 | 4:37 | 16     |         | 2      |         |
| Lap 5           | 5.27  | 25:19 | 4:48 | 1      | -      | 1    | -     | 26.35 | 2:02:49 | 4:39 | 15     |         | 1      | -       |
| Lap 6           | 5.27  | 25:57 | 4:55 | 1      | -      | 2    | 0:06  | 31.62 | 2:28:46 | 4:42 | 14     |         | 1      | -       |
| Lap 7           | 5.27  | 26:07 | 4:57 | 1      | -      | 1    | -     | 36.89 | 2:54:53 | 4:44 | 15     |         | 1      | -       |
| Last lap Finish | 5.27  | 25:43 | 4:52 | 1      | -      | 1    | -     | 42.16 | 3:20:36 | 4:45 | 2      | 1:59:03 | 9      | 2:53:49 |