



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: 12.56 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 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	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