



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WEIß, Carsten

Club: Triathlonfreunde Wittenberg
Number: 396

Course: 31.62 km
3/4 Marathon

Category:
Männer M40

Total time: 3:32:31

Speed: 8.75 km/h
Running performance: 6:43 min/km

Rank in course/Total: 10 (of 23)

Rank in course/Men: 10 (of 21)

Best time in course: 2:26:37

Rank in category: 4(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	30:14	5:44	4	5:58	7	8:36	5.27	30:14	5:44	4	4:51	13		
Lap 2	5.27	31:56	6:03	4	6:28	9	9:31	10.54	1:02:10	5:53	6	10:04	17	15:01	
Lap 3	5.27	33:08	6:17	4	5:51	9	9:48	15.81	1:35:18	6:01	4	15:45	12		
Lap 4	5.27	33:41	6:23	3	5:45	8	9:10	21.08	2:08:59	6:07	6	21:30	21		
Lap 5	5.27	38:42	7:20	4	9:24	11	13:41	26.35	2:47:41	6:21	4	30:54	10		
Last lap Finish	5.27	44:50	8:30	4	11:48	12	15:08	31.62	3:32:31	6:43	4	42:42	10	1:05:54	