



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ZABEL, Dirk

Club: TC Merseburg
Number: 415

Course: 21.08 km
Halbmarathon

Category:
Männer M35

Total time: 1:55:05

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 2 (of 53)

Rank in course/Men: 2 (of 39)

Best time in course: 1:49:45

Rank in category: 1(of 7)

Best time in the category: 1:55:05

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	27:50	5:16	1	-	2	2:14	5.27	27:50	5:16	1	-	22		
Lap 2	5.27	28:26	5:23	1	-	2	2:28	10.54	56:16	5:20	1	-	21		
Lap 3	5.27	29:08	5:31	1	-	2	1:26	15.81	1:25:24	5:24	1	-	21		
Last lap Finish	5.27	29:41	5:37	1	-	1	-	21.08	1:55:05	5:27	1	-	2	5:20	