



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

WIGGENHAUSER, Markus

Club: Heeresflieger Laupheim
Number: 406

Course: 31.62 km
3/4 Marathon

Category:
Männer M30

Total time: 3:33:52

Speed: 8.70 km/h
Running performance: 6:46 min/km

Rank in course/Total: 11 (of 23)

Rank in course/Men: 11 (of 21)

Best time in course: 2:26:37

Rank in category: 2(of 3)

Best time in the category: 2:43:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	5.27	33:25	6:20	2	10:18	10	11:47	5.27	33:25	6:20	2	10:18	1	-
Lap 2	5.27	32:14	6:06	2	8:12	10	9:49	10.54	1:05:39	6:13	2	18:30	8	18:30
Lap 3	5.27	33:26	6:20	2	8:40	10	10:06	15.81	1:39:05	6:16	2	27:10	1	-
Lap 4	5.27	35:51	6:48	2	9:22	12	11:20	21.08	2:14:56	6:24	2	36:32	1	-
Lap 5	5.27	36:48	6:58	2	7:23	7	11:47	26.35	2:51:44	6:31	2	43:55	1	-
Last lap Finish	5.27	42:08	7:59	2	6:13	11	12:26	31.62	3:33:52	6:45	2	50:08	11	1:07:15