



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FÖRKEL, Detlev

Club: Weimar
Number: 77

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 3:39:39

Speed: 11.47 km/h
Running performance: 5:13 min/km

Rank in course/Total: 13 (of 289)

Rank in course/Men: 13 (of 261)

Best time in course: 3:20:36

Rank in category: 2(of 50)

Best time in the category: 3:39:13

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	23:23	4:26	1	-	3	1:01	5.27	23:23	4:26	28		20	
Lap 2	5.27	24:39	4:40	2	0:02	6	1:13	10.54	48:02	4:33	22		18	
Lap 3	5.27	25:21	4:48	1	-	10	1:43	15.81	1:13:23	4:38	27		16	
Lap 4	5.27	26:50	5:05	1	-	19	2:12	21.08	1:40:13	4:45	38		14	
Lap 5	5.27	27:38	5:14	1	-	18	2:19	26.35	2:07:51	4:51	25		10	5:02
Lap 6	5.27	29:03	5:30	3	0:51	21	3:12	31.62	2:36:54	4:57	27		13	8:08
Lap 7	5.27	31:40	6:00	3	3:29	32	5:33	36.89	3:08:34	5:06	25		7	13:41
Last lap Finish	5.27	31:05	5:53	4	2:42	28	5:22	42.16	3:39:39	5:12	3	2:18:53	21	3:12:52