



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SAATWEBER, Ingo

Club: Spiridon Frankfurt
Number: 306

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:41:05

Speed: 11.40 km/h
Running performance: 5:14 min/km

Rank in course/Total: 14 (of 289)

Rank in course/Men: 14 (of 261)

Best time in course: 3:20:36

Rank in category: 2(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	27:45	5:15	9	4:32	54	5:23	5.27	27:45	5:15	32		21	
Lap 2	5.27	26:35	5:02	5	2:05	26	3:09	10.54	54:20	5:09	26		19	
Lap 3	5.27	26:57	5:06	5	2:20	24	3:19	15.81	1:21:17	5:08	30		17	
Lap 4	5.27	27:00	5:07	5	1:59	22	2:22	21.08	1:48:17	5:08	14		15	
Lap 5	5.27	27:24	5:11	2	1:06	14	2:05	26.35	2:15:41	5:08	28		11	12:52
Lap 6	5.27	27:35	5:14	1	-	9	1:44	31.62	2:43:16	5:09	29		14	14:30
Lap 7	5.27	28:31	5:24	1	-	9	2:24	36.89	3:11:47	5:11	26		8	16:54
Last lap Finish	5.27	29:18	5:33	4	1:40	15	3:35	42.16	3:41:05	5:14	4	2:03:52	22	3:14:18