



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MÖRTH, Sascha

Club: RunFit+ Personal Training
Number: 238

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:42:29

Speed: 11.33 km/h
Running performance: 5:17 min/km

Rank in course/Total: 15 (of 289)

Rank in course/Men: 15 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	27:13	5:09	7	4:00	45	4:51	5.27	27:13	5:09	33		22	
Lap 2	5.27	26:38	5:03	6	2:08	28	3:12	10.54	53:51	5:06	27		20	
Lap 3	5.27	26:52	5:05	4	2:15	23	3:14	15.81	1:20:43	5:06	31		18	
Lap 4	5.27	27:23	5:11	6	2:22	26	2:45	21.08	1:48:06	5:07	28		16	
Lap 5	5.27	27:30	5:13	3	1:12	15	2:11	26.35	2:15:36	5:08	29		12	12:47
Lap 6	5.27	28:11	5:20	3	0:36	13	2:20	31.62	2:43:47	5:10	30		15	15:01
Lap 7	5.27	29:06	5:31	4	0:35	13	2:59	36.89	3:12:53	5:13	27		9	18:00
Last lap Finish	5.27	29:36	5:37	5	1:58	16	3:53	42.16	3:42:29	5:16	5	2:05:16	23	3:15:42