



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PODEWILS, Thomas

Club: Berlin
Number: 274

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:44:36

Speed: 8.45 km/h
Running performance: 7:06 min/km

Rank in course/Total: 13 (of 23)

Rank in course/Men: 13 (of 21)

Best time in course: 2:26:37

Rank in category: 4(of 5)

Best time in the category: 3:04:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	5.27	34:12	6:29	3	4:30	15	12:34	5.27	34:12	6:29	3	4:30	11	0:47
Lap 2	5.27	34:53	6:37	4	5:26	16	12:28	10.54	1:09:05	6:33	5		21	21:56
Lap 3	5.27	34:49	6:36	4	4:38	13	11:29	15.81	1:43:54	6:34	3	13:26	11	4:49
Lap 4	5.27	36:03	6:50	4	5:48	13	11:32	21.08	2:19:57	6:38	3	19:14	11	5:01
Lap 5	5.27	38:44	7:20	3	7:28	12	13:43	26.35	2:58:41	6:46	3	26:42	8	6:57
Last lap Finish	5.27	45:55	8:42	3	13:30	13	16:13	31.62	3:44:36	7:06	4	40:12	13	1:17:59