



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

COSTA, Julio

Club: SV Langendreer 04
Number: 44

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 3:46:06

Speed: 11.15 km/h
Running performance: 5:22 min/km

Rank in course/Total: 19 (of 289)

Rank in course/Men: 19 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men							
Lap 1	5.27	22:22	4:14	1	-	1	-	5.27	22:22	4:14	27		26	
Lap 2	5.27	23:26	4:26	1	-	1	-	10.54	45:48	4:20	23		24	
Lap 3	5.27	23:38	4:29	1	-	1	-	15.81	1:09:26	4:23	41		255	
Lap 4	5.27	25:02	4:45	1	-	4	0:24	21.08	1:34:28	4:28	21		20	
Lap 5	5.27	26:09	4:57	1	-	5	0:50	26.35	2:00:37	4:34	22		16	
Lap 6	5.27	28:51	5:28	5	2:20	19	3:00	31.62	2:29:28	4:43	22		19	0:42
Lap 7	5.27	36:31	6:55	14	8:52	93	10:24	36.89	3:05:59	5:02	36		228	11:06
Last lap Finish	5.27	40:07	7:36	26	13:30	137	14:24	42.16	3:46:06	5:21	6	2:20:13	27	3:19:19