



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MENZEL, Udo

Club: LG Emsdetten
Number: 225

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 3:47:37

Speed: 11.07 km/h
Running performance: 5:24 min/km

Rank in course/Total: 20 (of 289)

Rank in course/Men: 20 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 50)

Best time in the category: 3:39:13

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	28:36	5:25	14	5:13	65	6:14	5.27	28:36	5:25	29		27	
Lap 2	5.27	28:12	5:21	10	3:35	56	4:46	10.54	56:48	5:23	23		25	
Lap 3	5.27	28:08	5:20	6	2:47	45	4:30	15.81	1:24:56	5:22	28		22	
Lap 4	5.27	28:48	5:27	5	1:58	42	4:10	21.08	1:53:44	5:23	33		21	
Lap 5	5.27	28:17	5:22	2	0:39	21	2:58	26.35	2:22:01	5:23	26		17	19:12
Lap 6	5.27	28:50	5:28	2	0:38	18	2:59	31.62	2:50:51	5:24	28		20	22:05
Lap 7	5.27	28:11	5:20	1	-	6	2:04	36.89	3:19:02	5:23	26		13	24:09
Last lap Finish	5.27	28:35	5:25	2	0:12	11	2:52	42.16	3:47:37	5:23	4	2:26:51	28	3:20:50