



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHWARZ, Christian

Club: Ronsdorfer SG
Number: 341

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 3:57:30

Speed: 10.61 km/h
Running performance: 5:38 min/km

Rank in course/Total: 37 (of 289)

Rank in course/Men: 37 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 22)

Best time in the category: 3:31:12

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|---------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Lap 1 | 5.27 | 28:54 | 5:29 | 6 | 4:52 | 76 | 6:32 | 5.27 | 28:54 | 5:29 | 18 | | | 45 | |
| Lap 2 | 5.27 | 28:32 | 5:24 | 5 | 3:43 | 64 | 5:06 | 10.54 | 57:26 | 5:26 | 11 | 3:51 | | 43 | |
| Lap 3 | 5.27 | 28:28 | 5:24 | 4 | 3:34 | 51 | 4:50 | 15.81 | 1:25:54 | 5:25 | 18 | | | 40 | |
| Lap 4 | 5.27 | 29:29 | 5:35 | 4 | 3:58 | 52 | 4:51 | 21.08 | 1:55:23 | 5:28 | 10 | 7:05 | | 39 | |
| Lap 5 | 5.27 | 29:54 | 5:40 | 4 | 3:54 | 45 | 4:35 | 26.35 | 2:25:17 | 5:30 | 17 | | | 34 | 22:28 |
| Lap 6 | 5.27 | 29:43 | 5:38 | 3 | 2:44 | 26 | 3:52 | 31.62 | 2:55:00 | 5:32 | 16 | | | 37 | 26:14 |
| Lap 7 | 5.27 | 31:31 | 5:58 | 3 | 3:11 | 30 | 5:24 | 36.89 | 3:26:31 | 5:35 | 16 | | | 29 | 31:38 |
| Last lap Finish | 5.27 | 30:59 | 5:52 | 4 | 4:12 | 25 | 5:16 | 42.16 | 3:57:30 | 5:37 | 6 | 3:30:43 | | 46 | 3:30:43 |