



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHNEIDER, Heinz

Club: Einheit Worbis

Number: 321

Course: 42.16 km

Marathon

Category:

Männer M55

Total time: 4:02:33

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 45 (of 289)

Rank in course/Men: 45 (of 261)

Best time in course: 3:20:36

Rank in category: 1(of 21)

Best time in the category: 4:02:33

Intermediate times

Stage score

Total ranking

Control	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	26:29	5:01	3	0:26	35	4:07	5.27	26:29	5:01	12		54	
Lap 2	5.27	27:59	5:18	3	0:45	51	4:33	10.54	54:28	5:10	16	0:48	50	
Lap 3	5.27	28:28	5:24	1	-	51	4:50	15.81	1:22:56	5:14	12		49	
Lap 4	5.27	29:13	5:32	1	-	48	4:35	21.08	1:52:09	5:19	11		47	
Lap 5	5.27	29:50	5:39	1	-	44	4:31	26.35	2:21:59	5:23	10		43	19:10
Lap 6	5.27	31:52	6:02	1	-	56	6:01	31.62	2:53:51	5:29	10		41	25:05
Lap 7	5.27	33:59	6:26	1	-	58	7:52	36.89	3:27:50	5:38	18		38	32:57
Last lap Finish	5.27	34:43	6:35	1	-	69	9:00	42.16	4:02:33	5:45	1	-	55	3:35:46