



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**CLAAS, Cornelius**

Club: TC FIKO Rostock  
Number: 41

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 4:02:48

Speed: 10.38 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 46 (of 289)

Rank in course/Men: 46 (of 261)

Best time in course: 3:20:36

Rank in category: 9(of 31)

Best time in the category: 3:22:43

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	24:00	4:33	3	0:23	6	1:38	5.27	24:00	4:33	24		55	
Lap 2	5.27	25:04	4:45	2	0:31	8	1:38	10.54	49:04	4:39	15		51	
Lap 3	5.27	24:59	4:44	2	0:41	8	1:21	15.81	1:14:03	4:41	24		50	
Lap 4	5.27	25:29	4:50	2	0:50	6	0:51	21.08	1:39:32	4:43	15		48	
Lap 5	5.27	28:25	5:23	5	2:59	22	3:06	26.35	2:07:57	4:51	29		237	5:08
Lap 6	5.27	34:51	6:36	17	9:00	106	9:00	31.62	2:42:48	5:08	23	4:47	47	14:02
Lap 7	5.27	39:18	7:27	21	13:07	139	13:11	36.89	3:22:06	5:28	21		39	27:13
Last lap Finish	5.27	40:42	7:43	20	14:38	149	14:59	42.16	4:02:48	5:45	9	40:05	56	3:36:01