



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**STEINERT, Steffen**

Club: Lunzenau  
Number: 359

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:17:20

Speed: 9.79 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 79 (of 289)

Rank in course/Men: 75 (of 261)

Best time in course: 3:20:36

Rank in category: 17(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Pos         |                | Behind     |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 5.27        | 30:22         | 5:45            | 19          | 6:59           | 101         | 8:00          | 5.27        | 30:22         | 5:45            | 43          |                | 40         |               |
| Lap 2           | 5.27        | 30:00         | 5:41            | 15          | 5:23           | 92          | 6:34          | 10.54       | 1:00:22       | 5:43            | 38          |                | 202        |               |
| Lap 3           | 5.27        | 30:18         | 5:44            | 13          | 4:57           | 85          | 6:40          | 15.81       | 1:30:40       | 5:44            | 42          |                | 80         |               |
| Lap 4           | 5.27        | 31:51         | 6:02            | 19          | 5:01           | 98          | 7:13          | 21.08       | 2:02:31       | 5:48            | 34          |                | 72         |               |
| Lap 5           | 5.27        | 33:35         | 6:22            | 21          | 5:57           | 112         | 8:16          | 26.35       | 2:36:06       | 5:55            | 40          |                | 73         | 33:17         |
| Lap 6           | 5.27        | 33:56         | 6:26            | 16          | 5:44           | 85          | 8:05          | 31.62       | 3:10:02       | 6:00            | 49          |                | 245        | 41:16         |
| Lap 7           | 5.27        | 34:26         | 6:32            | 15          | 6:15           | 64          | 8:19          | 36.89       | 3:44:28       | 6:05            | 40          |                | 69         | 49:35         |
| Last lap Finish | 5.27        | 32:52         | 6:14            | 8           | 4:29           | 48          | 7:09          | 42.16       | 4:17:20       | 6:06            | 18          | 2:56:34        | 85         | 3:50:33       |