



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STEINDL, Reinhart

Club: ASK Nettingsdorf
Number: 355

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:33:45

Speed: 7.55 km/h
Running performance: 7:55 min/km

Rank in course/Total: 250 (of 289)

Rank in course/Men: 229 (of 261)

Best time in course: 3:20:36

Rank in category: 28(of 32)

Best time in the category: 3:20:36

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	38:16	7:15	30	14:13	248	15:54	5.27	38:16	7:15	5	1:57	238	
Lap 2	5.27	37:59	7:12	29	13:45	246	14:33	10.54	1:16:15	7:14	5	27:54	174	
Lap 3	5.27	39:30	7:29	30	14:59	250	15:52	15.81	1:55:45	7:19	5	11:55	234	
Lap 4	5.27	40:33	7:41	30	15:55	244	15:55	21.08	2:36:18	7:24	5	18:41	192	24:38
Lap 5	5.27	42:47	8:07	28	17:28	235	17:28	26.35	3:19:05	7:33	5	24:12	213	1:16:16
Lap 6	5.27	43:15	8:12	27	17:18	215	17:24	31.62	4:02:20	7:39	30	28:59	250	1:33:34
Lap 7	5.27	44:03	8:21	21	17:56	189	17:56	36.89	4:46:23	7:45	4	32:45	205	1:51:30
Last lap Finish	5.27	47:22	8:59	24	21:39	214	21:39	42.16	5:33:45	7:54	29	4:12:12	240	5:06:58