



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RIEDL, Christian

Club: Stuttgart
Number: 294

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:38:32

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 10 (of 289)

Rank in course/Men: 10 (of 261)

Best time in course: 3:20:36

Rank in category: 4(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	23:37	4:28	1	-	4	1:15	5.27	23:37	4:28	29		18	
Lap 2	5.27	25:26	4:49	4	0:53	13	2:00	10.54	49:03	4:39	18		16	
Lap 3	5.27	25:06	4:45	3	0:48	9	1:28	15.81	1:14:09	4:41	29		14	
Lap 4	5.27	25:37	4:51	3	0:58	8	0:59	21.08	1:39:46	4:43	18		12	
Lap 5	5.27	26:44	5:04	2	1:18	10	1:25	26.35	2:06:30	4:48	26		8	3:41
Lap 6	5.27	28:51	5:28	4	3:00	19	3:00	31.62	2:35:21	4:54	18		11	6:35
Lap 7	5.27	31:45	6:01	6	5:34	35	5:38	36.89	3:07:06	5:04	28		230	12:13
Last lap Finish	5.27	31:26	5:57	5	5:22	29	5:43	42.16	3:38:32	5:11	4	15:49	18	3:11:45