



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHWARZ, Christian

Club: Ronsdorfer SG
Number: 341

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 3:57:30

Speed: 10.61 km/h
Running performance: 5:38 min/km

Rank in course/Total: 37 (of 289)

Rank in course/Men: 37 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 22)

Best time in the category: 3:31:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	28:54	5:29	6	4:52	76	6:32	5.27	28:54	5:29	18		45	
Lap 2	5.27	28:32	5:24	5	3:43	64	5:06	10.54	57:26	5:26	11	3:51	43	
Lap 3	5.27	28:28	5:24	4	3:34	51	4:50	15.81	1:25:54	5:25	18		40	
Lap 4	5.27	29:29	5:35	4	3:58	52	4:51	21.08	1:55:23	5:28	10	7:05	39	
Lap 5	5.27	29:54	5:40	4	3:54	45	4:35	26.35	2:25:17	5:30	17		34	22:28
Lap 6	5.27	29:43	5:38	3	2:44	26	3:52	31.62	2:55:00	5:32	16		37	26:14
Lap 7	5.27	31:31	5:58	3	3:11	30	5:24	36.89	3:26:31	5:35	16		29	31:38
Last lap Finish	5.27	30:59	5:52	4	4:12	25	5:16	42.16	3:57:30	5:37	6	3:30:43	46	3:30:43