



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**STEINER, Manfred**

Club: ALC Wels  
Number: 357

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 3:57:53

Speed: 10.59 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 39 (of 289)

Rank in course/Men: 39 (of 261)

Best time in course: 3:20:36

Rank in category: 5(of 50)

Best time in the category: 3:39:13

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	27:28	5:12	9	4:05	52	5:06	5.27	27:28	5:12	31		47	
Lap 2	5.27	27:30	5:13	9	2:53	43	4:04	10.54	54:58	5:12	25		45	
Lap 3	5.27	28:44	5:27	9	3:23	59	5:06	15.81	1:23:42	5:17	30		42	
Lap 4	5.27	29:22	5:34	8	2:32	51	4:44	21.08	1:53:04	5:21	31		41	
Lap 5	5.27	30:20	5:45	5	2:42	51	5:01	26.35	2:23:24	5:26	28		36	20:35
Lap 6	5.27	31:57	6:03	11	3:45	58	6:06	31.62	2:55:21	5:32	30		39	26:35
Lap 7	5.27	31:45	6:01	5	3:34	35	5:38	36.89	3:27:06	5:36	28		32	32:13
Last lap Finish	5.27	30:47	5:50	3	2:24	23	5:04	42.16	3:57:53	5:38	6	2:37:07	48	3:31:06