



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHWIEN, Reinhard

Club: MTV Heide
Number: 343

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:13:27

Speed: 9.94 km/h
Running performance: 6:01 min/km

Rank in course/Total: 69 (of 289)

Rank in course/Men: 65 (of 261)

Best time in course: 3:20:36

Rank in category: 11(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	31:06	5:54	24	7:43	118	8:44	5.27	31:06	5:54	37		75	
Lap 2	5.27	30:10	5:43	18	5:33	97	6:44	10.54	1:01:16	5:48	40		207	
Lap 3	5.27	30:20	5:45	14	4:59	86	6:42	15.81	1:31:36	5:47	36		70	
Lap 4	5.27	30:48	5:50	14	3:58	77	6:10	21.08	2:02:24	5:48	42		221	
Lap 5	5.27	31:45	6:01	16	4:07	77	6:26	26.35	2:34:09	5:51	24		63	31:20
Lap 6	5.27	32:50	6:13	12	4:38	70	6:59	31.62	3:06:59	5:54	47		241	38:13
Lap 7	5.27	33:11	6:17	11	5:00	49	7:04	36.89	3:40:10	5:58	34		59	45:17
Last lap Finish	5.27	33:17	6:18	12	4:54	53	7:34	42.16	4:13:27	6:00	12	2:52:41	75	3:46:40