



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**STEINERT, Steffen**

Club: Lunzenau  
Number: 359

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:17:20

Speed: 9.79 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 79 (of 289)

Rank in course/Men: 75 (of 261)

Best time in course: 3:20:36

Rank in category: 17(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.	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	30:22	5:45	19	6:59	101	8:00	5.27	30:22	5:45	43		40	
Lap 2	5.27	30:00	5:41	15	5:23	92	6:34	10.54	1:00:22	5:43	38		202	
Lap 3	5.27	30:18	5:44	13	4:57	85	6:40	15.81	1:30:40	5:44	42		80	
Lap 4	5.27	31:51	6:02	19	5:01	98	7:13	21.08	2:02:31	5:48	34		72	
Lap 5	5.27	33:35	6:22	21	5:57	112	8:16	26.35	2:36:06	5:55	40		73	33:17
Lap 6	5.27	33:56	6:26	16	5:44	85	8:05	31.62	3:10:02	6:00	49		245	41:16
Lap 7	5.27	34:26	6:32	15	6:15	64	8:19	36.89	3:44:28	6:05	40		69	49:35
Last lap Finish	5.27	32:52	6:14	8	4:29	48	7:09	42.16	4:17:20	6:06	18	2:56:34	85	3:50:33