



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHINDLER, Michael

Club: TV Helmbrechts
Number: 314

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:27:09

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 99 (of 289)

Rank in course/Men: 95 (of 261)

Best time in course: 3:20:36

Rank in category: 17(of 55)

Best time in the category: 3:28:58

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	27:10	5:09	5	3:57	41	4:48	5.27	27:10	5:09	47		105	
Lap 2	5.27	29:03	5:30	17	4:33	73	5:37	10.54	56:13	5:20	40		88	
Lap 3	5.27	29:13	5:32	14	4:36	64	5:35	15.81	1:25:26	5:24	45		100	
Lap 4	5.27	30:01	5:41	14	5:00	66	5:23	21.08	1:55:27	5:28	41		88	
Lap 5	5.27	33:46	6:24	25	7:28	117	8:27	26.35	2:29:13	5:39	43		93	26:24
Lap 6	5.27	35:40	6:46	25	8:05	119	9:49	31.62	3:04:53	5:50	43		81	36:07
Lap 7	5.27	39:10	7:25	33	10:39	137	13:03	36.89	3:44:03	6:04	41		89	49:10
Last lap Finish	5.27	43:06	8:10	40	15:28	181	17:23	42.16	4:27:09	6:20	19	2:49:56	105	4:00:22