



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STEINER, Danniell

Club: Marathon4you.de
Number: 358

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:34:31

Speed: 9.18 km/h
Running performance: 6:31 min/km

Rank in course/Total: 124 (of 289)

Rank in course/Men: 120 (of 261)

Best time in course: 3:20:36

Rank in category: 23(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	31:34	5:59	27	8:11	132	9:12	5.27	31:34	5:59	49		130		
Lap 2	5.27	32:28	6:09	30	7:51	157	9:02	10.54	1:04:02	6:04	44		224		
Lap 3	5.27	34:38	6:34	35	9:17	183	11:00	15.81	1:38:40	6:14	48		113		
Lap 4	5.27	35:01	6:38	34	8:11	172	10:23	21.08	2:13:41	6:20	2		104	2:01	
Lap 5	5.27	35:01	6:38	27	7:23	144	9:42	26.35	2:48:42	6:24	46		118	45:53	
Lap 6	5.27	34:17	6:30	20	6:05	96	8:26	31.62	3:22:59	6:25	41		104	54:13	
Lap 7	5.27	36:34	6:56	20	8:23	95	10:27	36.89	3:59:33	6:29	37		114	1:04:40	
Last lap Finish	5.27	34:58	6:38	15	6:35	72	9:15	42.16	4:34:31	6:30	24	3:13:45	129	4:07:44	