



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**SCHRÖDER, Thomas**

Club: Team Erdinger Alkoholfrei  
Number: 329

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:34:36

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

Rank in course/Total: 125 (of 289)

Rank in course/Men: 121 (of 261)

Best time in course: 3:20:36

Rank in category: 26(of 55)

Best time in the category: 3:28:58

### 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	30:26	5:46	21	7:13	104	8:04	5.27	30:26	5:46	15		131	
Lap 2	5.27	30:32	5:47	23	6:02	111	7:06	10.54	1:00:58	5:47	44		203	
Lap 3	5.27	31:18	5:56	25	6:41	117	7:40	15.81	1:32:16	5:50	54	2:04	126	
Lap 4	5.27	32:21	6:08	25	7:20	116	7:43	21.08	2:04:37	5:54	40		77	
Lap 5	5.27	34:03	6:27	28	7:45	123	8:44	26.35	2:38:40	6:01	39		119	35:51
Lap 6	5.27	37:19	7:04	31	9:44	148	11:28	31.62	3:15:59	6:11	28		105	47:13
Lap 7	5.27	40:26	7:40	35	11:55	155	14:19	36.89	3:56:25	6:24	3		115	1:01:32
Last lap Finish	5.27	38:11	7:14	27	10:33	119	12:28	42.16	4:34:36	6:30	28	2:57:23	131	4:07:49