



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**LÜDER, Dr. Steffen**

Club: Ron Hill Berlin  
Number: 213

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:37:15

Speed: 9.12 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 132 (of 289)

Rank in course/Men: 128 (of 261)

Best time in course: 3:20:36

Rank in category: 28(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	30:56	5:52	25	7:43	113	8:34	5.27	30:56	5:52	3		138	
Lap 2	5.27	31:54	6:03	30	7:24	141	8:28	10.54	1:02:50	5:57	6		111	
Lap 3	5.27	33:53	6:25	40	9:16	175	10:15	15.81	1:36:43	6:07	2	6:31	133	
Lap 4	5.27	35:08	6:40	39	10:07	178	10:30	21.08	2:11:51	6:15	2		109	0:11
Lap 5	5.27	35:27	6:43	32	9:09	155	10:08	26.35	2:47:18	6:20	3		126	44:29
Lap 6	5.27	34:06	6:28	18	6:31	89	8:15	31.62	3:21:24	6:22	2	2:13	112	52:38
Lap 7	5.27	38:40	7:20	28	10:09	126	12:33	36.89	4:00:04	6:30	49		232	1:05:11
Last lap Finish	5.27	37:11	7:03	25	9:33	108	11:28	42.16	4:37:15	6:34	30	3:00:02	138	4:10:28