



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**LANZ, Stephan**

Club: London  
Number: 197

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 4:37:19

Speed: 9.09 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 133 (of 289)

Rank in course/Men: 129 (of 261)

Best time in course: 3:20:36

Rank in category: 20(of 31)

Best time in the category: 3:22:43

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	33:57	6:26	26	10:20	188	11:35	5.27	33:57	6:26	13	6:46	139	
Lap 2	5.27	34:26	6:32	26	9:53	193	11:00	10.54	1:08:23	6:29	31	13:13	252	
Lap 3	5.27	35:01	6:38	26	10:43	190	11:23	15.81	1:43:24	6:32	13	18:52	134	
Lap 4	5.27	36:09	6:51	26	11:30	192	11:31	21.08	2:19:33	6:37	11	25:09	110	7:53
Lap 5	5.27	33:50	6:25	20	8:24	119	8:31	26.35	2:53:23	6:34	11	27:36	127	50:34
Lap 6	5.27	33:41	6:23	13	7:50	79	7:50	31.62	3:27:04	6:32	13	49:03	113	58:18
Lap 7	5.27	35:08	6:40	12	8:57	78	9:01	36.89	4:02:12	6:33	30	22:02	239	1:07:19
Last lap Finish	5.27	35:07	6:39	12	9:03	73	9:24	42.16	4:37:19	6:34	20	1:14:36	139	4:10:32