



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 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 | 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 |