



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STEINEBACH, André

Club: Endorphinjunkies.de Dortmund
Number: 356

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:38:20

Speed: 9.09 km/h
Running performance: 6:36 min/km

Rank in course/Total: 139 (of 289)

Rank in course/Men: 135 (of 261)

Best time in course: 3:20:36

Rank in category: 26(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men		
Lap 1	5.27	31:21	5:56	22	8:59	124	8:59	5.27	31:21	5:56	8			145	
Lap 2	5.27	30:24	5:46	20	6:58	103	6:58	10.54	1:01:45	5:51	1	-		115	
Lap 3	5.27	32:14	6:06	22	8:36	137	8:36	15.81	1:33:59	5:56	8			140	
Lap 4	5.27	32:10	6:06	20	7:08	108	7:32	21.08	2:06:09	5:59	37			239	
Lap 5	5.27	34:59	6:38	27	8:50	141	9:40	26.35	2:41:08	6:06	8			133	38:19
Lap 6	5.27	38:15	7:15	32	11:44	165	12:24	31.62	3:19:23	6:18	6			119	50:37
Lap 7	5.27	39:26	7:28	24	11:47	144	13:19	36.89	3:58:49	6:28	7			123	1:03:56
Last lap Finish	5.27	39:31	7:29	23	12:54	131	13:48	42.16	4:38:20	6:36	29	3:12:27		145	4:11:33