



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHWAN, Stefan

Club: Halle
Number: 340

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:40:52

Speed: 8.97 km/h
Running performance: 6:40 min/km

Rank in course/Total: 144 (of 289)

Rank in course/Men: 139 (of 261)

Best time in course: 3:20:36

Rank in category: 22(of 31)

Best time in the category: 3:22:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	30:07	5:42	18	6:30	92	7:45	5.27	30:07	5:42	11	2:56	100	
Lap 2	5.27	30:23	5:45	19	5:50	102	6:57	10.54	1:00:30	5:44	6	5:20	118	
Lap 3	5.27	31:02	5:53	19	6:44	105	7:24	15.81	1:31:32	5:47	11	7:00	144	
Lap 4	5.27	31:27	5:58	17	6:48	84	6:49	21.08	2:02:59	5:50	29	8:35	224	
Lap 5	5.27	34:04	6:27	21	8:38	124	8:45	26.35	2:37:03	5:57	9	11:16	137	34:14
Lap 6	5.27	37:07	7:02	23	11:16	140	11:16	31.62	3:14:10	6:08	11	36:09	123	45:24
Lap 7	5.27	41:42	7:54	23	15:31	170	15:35	36.89	3:55:52	6:23	10	15:42	127	1:00:59
Last lap Finish	5.27	45:00	8:32	25	18:56	195	19:17	42.16	4:40:52	6:39	22	1:18:09	149	4:14:05