



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHNEIDER, Mario

Club: Laufverein Limbach 2000 e.V.
Number: 322

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:51:52

Speed: 8.63 km/h
Running performance: 6:55 min/km

Rank in course/Total: 174 (of 289)

Rank in course/Men: 164 (of 261)

Best time in course: 3:20:36

Rank in category: 35(of 50)

Best time in the category: 3:39:13

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	33:38	6:22	36	10:15	177	11:16	5.27	33:38	6:22	11	1:58	174	
Lap 2	5.27	35:53	6:48	46	11:16	218	12:27	10.54	1:09:31	6:35	8	4:49	130	
Lap 3	5.27	36:39	6:57	43	11:18	215	13:01	15.81	1:46:10	6:42	11	5:30	169	
Lap 4	5.27	37:31	7:07	44	10:41	212	12:53	21.08	2:23:41	6:48	9	6:38	135	12:01
Lap 5	5.27	37:02	7:01	35	9:24	179	11:43	26.35	3:00:43	6:51	1	-	161	57:54
Lap 6	5.27	38:07	7:13	30	9:55	163	12:16	31.62	3:38:50	6:55	11	0:06	148	1:10:04
Lap 7	5.27	35:43	6:46	17	7:32	82	9:36	36.89	4:14:33	6:54	9		143	1:19:40
Last lap Finish	5.27	37:19	7:04	23	8:56	111	11:36	42.16	4:51:52	6:55	36	3:31:06	175	4:25:05