



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHLÄGER, Lars

Club: Trail-Team-OWL
Number: 315

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:00:39

Speed: 8.41 km/h
Running performance: 7:08 min/km

Rank in course/Total: 198 (of 289)

Rank in course/Men: 185 (of 261)

Best time in course: 3:20:36

Rank in category: 15(of 22)

Best time in the category: 3:31:12

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	31:30	5:58	10	7:28	130	9:08	5.27	31:30	5:58	6		194	
Lap 2	5.27	30:31	5:47	11	5:42	110	7:05	10.54	1:02:01	5:53	16	8:26	212	
Lap 3	5.27	31:39	6:00	16	6:45	126	8:01	15.81	1:33:40	5:55	6		176	
Lap 4	5.27	34:20	6:30	17	8:49	164	9:42	21.08	2:08:00	6:04	17	19:42	246	
Lap 5	5.27	38:15	7:15	18	12:15	203	12:56	26.35	2:46:15	6:18	6	3:01	181	43:26
Lap 6	5.27	42:46	8:06	17	15:47	209	16:55	31.62	3:29:01	6:36	6	10:52	168	1:00:15
Lap 7	5.27	49:08	9:19	16	20:48	234	23:01	36.89	4:18:09	6:59	6	23:25	160	1:23:16
Last lap Finish	5.27	42:30	8:03	16	15:43	176	16:47	42.16	5:00:39	7:07	18	4:33:52	196	4:33:52