



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

STEINBRECHER, Diethard

Club: 100 Marathon Club
Number: 354

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 5:02:39

Speed: 8.36 km/h
Running performance: 7:11 min/km

Rank in course/Total: 200 (of 289)

Rank in course/Men: 187 (of 261)

Best time in course: 3:20:36

Rank in category: 12(of 21)

Best time in the category: 4:02:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking									
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men			
Lap 1	5.27	35:20	6:42	14	9:17	210	12:58	5.27	35:20	6:42	11	3:57	197				
Lap 2	5.27	35:29	6:43	13	8:15	208	12:03	10.54	1:10:49	6:43	8	17:09	143				
Lap 3	5.27	36:27	6:54	14	7:59	211	12:49	15.81	1:47:16	6:47	11	11:48	192				
Lap 4	5.27	36:48	6:58	13	7:35	202	12:10	21.08	2:24:04	6:50	10	14:24	154	12:24			
Lap 5	5.27	38:05	7:13	12	8:15	200	12:46	26.35	3:02:09	6:54	20	15:09	245	59:20			
Lap 6	5.27	38:37	7:19	10	6:45	172	12:46	31.62	3:40:46	6:58	9	14:12	171	1:12:00			
Lap 7	5.27	39:56	7:34	10	5:57	152	13:49	36.89	4:20:42	7:04	11	45:07	163	1:25:49			
Last lap Finish	5.27	41:57	7:57	11	7:14	167	16:14	42.16	5:02:39	7:10	12	1:00:06	198	4:35:52			