



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHRÖDER, Jochen

Club: Post SV Gütersloh
Number: 328

Course: 42.16 km
Marathon

Category:
Männer M60

Total time: 5:42:44

Speed: 7.35 km/h
Running performance: 8:08 min/km

Rank in course/Total: 259 (of 289)

Rank in course/Men: 236 (of 261)

Best time in course: 3:20:36

Rank in category: 5(of 6)

Best time in the category: 3:30:58

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	38:53	7:22	6	13:55	253	16:31	5.27	38:53	7:22	5	13:55	246	
Lap 2	5.27	38:07	7:13	6	13:00	247	14:41	10.54	1:17:00	7:18	4	26:55	180	
Lap 3	5.27	38:54	7:22	6	14:23	247	15:16	15.81	1:55:54	7:19	5	41:18	241	
Lap 4	5.27	41:05	7:47	6	15:27	247	16:27	21.08	2:36:59	7:26	5	56:45	199	25:19
Lap 5	5.27	45:48	8:41	6	19:23	250	20:29	26.35	3:22:47	7:41	5	1:16:08	220	1:19:58
Lap 6	5.27	50:24	9:33	6	22:16	252	24:33	31.62	4:13:11	8:00	5	1:38:24	216	1:44:25
Lap 7	5.27	45:43	8:40	4	17:26	205	19:36	36.89	4:58:54	8:06	4	57:13	212	2:04:01
Last lap Finish	5.27	43:50	8:19	4	15:56	188	18:07	42.16	5:42:44	8:07	5	2:11:46	247	5:15:57