



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**GRUNER, Stefan**

Club: LC Cottus  
Number: 101

Course: 42.16 km  
Marathon

Category:  
Männer M20

Total time: 3:31:12

Speed: 11.98 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 6 (of 289)

Rank in course/Men: 6 (of 261)

Best time in course: 3:20:36

Rank in category: 1(of 22)

Best time in the category: 3:31:12

### 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	25:48	4:53	2	1:46	24	3:26	5.27	25:48	4:53	12		13	
Lap 2	5.27	24:49	4:42	1	-	7	1:23	10.54	50:37	4:48	14		11	
Lap 3	5.27	24:54	4:43	1	-	7	1:16	15.81	1:15:31	4:46	12		9	
Lap 4	5.27	25:31	4:50	1	-	7	0:53	21.08	1:41:02	4:47	13		7	
Lap 5	5.27	26:00	4:56	1	-	4	0:41	26.35	2:07:02	4:49	20		236	4:13
Lap 6	5.27	26:59	5:07	1	-	4	1:08	31.62	2:34:01	4:52	11		6	5:15
Lap 7	5.27	28:20	5:22	1	-	8	2:13	36.89	3:02:21	4:56	19		225	7:28
Last lap Finish	5.27	28:51	5:28	2	2:04	13	3:08	42.16	3:31:12	5:00	2	3:04:25	14	3:04:25