



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

SCHAAD, Marco

Club: LG Matzendorf
Number: 309

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:48:21

Speed: 11.04 km/h
Running performance: 5:25 min/km

Rank in course/Total: 23 (of 289)

Rank in course/Men: 23 (of 261)

Best time in course: 3:20:36

Rank in category: 6(of 31)

Best time in the category: 3:22:43

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	23:59	4:33	2	0:22	5	1:37	5.27	23:59	4:33	27		30		
Lap 2	5.27	25:41	4:52	6	1:08	16	2:15	10.54	49:40	4:42	20		28		
Lap 3	5.27	26:50	5:05	8	2:32	22	3:12	15.81	1:16:30	4:50	27		25		
Lap 4	5.27	27:41	5:15	7	3:02	27	3:03	21.08	1:44:11	4:56	20		18		
Lap 5	5.27	28:55	5:29	7	3:29	32	3:36	26.35	2:13:06	5:03	24		20	10:17	
Lap 6	5.27	30:23	5:45	7	4:32	39	4:32	31.62	2:43:29	5:10	20	5:28	23	14:43	
Lap 7	5.27	31:18	5:56	5	5:07	28	5:11	36.89	3:14:47	5:16	24		16	19:54	
Last lap Finish	5.27	33:34	6:22	9	7:30	56	7:51	42.16	3:48:21	5:24	6	25:38	31	3:21:34	