



10. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Steinert, Steffen

Club: Lunzenau  
Number: 390

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 3:58:33

Speed: 10.56 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 31 (of 311)

Rank in course/Men: 30 (of 279)

Best time in course: 3:02:44

Rank in category: 5(of 62)

Best time in the category: 3:40:26

Intermediate times				Stage score				Total ranking						
Control	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
Runde	5.27	28:57	5:29	14	4:47	60	7:14	5.27	28:57	5:29	39		34	
Runde	5.27	29:14	5:32	14	4:26	64	7:31	10.54	58:11	5:31	36		31	14:45
Runde	5.27	30:08	5:43	19	4:27	75	7:53	15.81	1:28:19	5:35	36		31	22:38
Runde	5.27	30:10	5:43	11	3:32	56	7:22	21.08	1:58:29	5:37	36		31	30:00
Runde	5.27	29:49	5:39	5	1:41	31	7:13	26.35	2:28:18	5:37	36		31	37:13
Runde	5.27	30:18	5:44	5	1:13	25	7:46	31.62	2:58:36	5:38	36		31	44:59
Runde	5.27	30:08	5:43	3	0:22	13	6:56	36.89	3:28:44	5:39	35		30	51:55
Runde	5.27	29:49	5:39	2	14:04	13	14:04	42.16	3:58:33	5:39	8	3:01:09	36	3:05:11