



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 |