



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

PULFER, Martin

Club: Sport-am-Ort
Number: 283

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:10:06

Speed: 10.11 km/h
Running performance: 5:56 min/km

Rank in course/Total: 62 (of 289)

Rank in course/Men: 60 (of 261)

Best time in course: 3:20:36

Rank in category: 14(of 31)

Best time in the category: 3:22:43

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
Lap 1	5.27	26:06	4:57	11	2:29	30	3:44	5.27	26:06	4:57	19		70	
Lap 2	5.27	26:57	5:06	10	2:24	32	3:31	10.54	53:03	5:01	21		30	
Lap 3	5.27	27:43	5:15	10	3:25	33	4:05	15.81	1:20:46	5:06	19		65	
Lap 4	5.27	29:40	5:37	12	5:01	55	5:02	21.08	1:50:26	5:14	27		61	
Lap 5	5.27	32:03	6:04	14	6:37	84	6:44	26.35	2:22:29	5:24	17		27	19:40
Lap 6	5.27	34:14	6:29	16	8:23	95	8:23	31.62	2:56:43	5:35	28	18:42	58	27:57
Lap 7	5.27	37:39	7:08	15	11:28	108	11:32	36.89	3:34:22	5:48	16		54	39:29
Last lap Finish	5.27	35:44	6:46	13	9:40	81	10:01	42.16	4:10:06	5:55	14	47:23	70	3:43:19