



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**BARRAL FARTO, Ramon**

Club: Jogmap Ruhr  
Number: 11

Course: 42.16 km  
Marathon

Category:  
Männer M35

Total time: 4:30:16

Speed: 9.32 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 110 (of 289)

Rank in course/Men: 106 (of 261)

Best time in course: 3:20:36

Rank in category: 19(of 42)

Best time in the category: 3:29:26

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	5.27	33:02	6:16	28	10:40	158	10:40	5.27	33:02	6:16	12			114
Lap 2	5.27	29:43	5:38	18	6:17	87	6:17	10.54	1:02:45	5:57	8	1:00		95
Lap 3	5.27	30:09	5:43	14	6:31	80	6:31	15.81	1:32:54	5:52	12			109
Lap 4	5.27	31:38	6:00	18	6:36	96	7:00	21.08	2:04:32	5:54	3			94
Lap 5	5.27	35:06	6:39	29	8:57	145	9:47	26.35	2:39:38	6:03	28			102 36:49
Lap 6	5.27	35:35	6:45	19	9:04	116	9:44	31.62	3:15:13	6:10	36			89 46:27
Lap 7	5.27	37:55	7:11	17	10:16	111	11:48	36.89	3:53:08	6:19	28			98 58:15
Last lap Finish	5.27	37:08	7:02	17	10:31	106	11:25	42.16	4:30:16	6:24	22	3:04:23		116 4:03:29