



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ROTTMANN, Rainer

Club: Freaky Friday Runners Bamberg
Number: 302

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:47:33

Speed: 8.76 km/h
Running performance: 6:49 min/km

Rank in course/Total: 160 (of 289)

Rank in course/Men: 153 (of 261)

Best time in course: 3:20:36

Rank in category: 35(of 55)

Best time in the category: 3:28:58

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	37:16	7:04	52	14:03	237	14:54	5.27	37:16	7:04	10	3:49	162	
Lap 2	5.27	35:47	6:47	49	11:17	217	12:21	10.54	1:13:03	6:55	11	4:30	127	
Lap 3	5.27	35:55	6:48	46	11:18	203	12:17	15.81	1:48:58	6:53	9	18:46	157	
Lap 4	5.27	35:30	6:44	41	10:29	182	10:52	21.08	2:24:28	6:51	7	0:51	125	12:48
Lap 5	5.27	36:28	6:55	37	10:10	171	11:09	26.35	3:00:56	6:51	10	6:17	150	58:07
Lap 6	5.27	36:49	6:59	29	9:14	136	10:58	31.62	3:37:45	6:53	9	18:34	136	1:08:59
Lap 7	5.27	34:26	6:32	14	5:55	64	8:19	36.89	4:12:11	6:50	8	1:41	134	1:17:18
Last lap Finish	5.27	35:22	6:42	17	7:44	76	9:39	42.16	4:47:33	6:49	37	3:10:20	163	4:20:46