



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**RASMUSSEN, Kim**

Club: Hjulbenet.dk  
Number: 286

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:52:47

Speed: 8.61 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 180 (of 289)

Rank in course/Men: 170 (of 261)

Best time in course: 3:20:36

Rank in category: 41(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	28:25	5:23	11	5:12	63	6:03	5.27	28:25	5:23	16	-	180	
Lap 2	5.27	29:55	5:40	19	5:25	90	6:29	10.54	58:20	5:32	14	-	134	
Lap 3	5.27	31:52	6:02	29	7:15	128	8:14	15.81	1:30:12	5:42	1	-	175	
Lap 4	5.27	32:35	6:10	26	7:34	121	7:57	21.08	2:02:47	5:49	13	-	140	
Lap 5	5.27	36:14	6:52	35	9:56	166	10:55	26.35	2:39:01	6:02	16	-	167	36:12
Lap 6	5.27	40:10	7:37	43	12:35	189	14:19	31.62	3:19:11	6:17	1	-	154	50:25
Lap 7	5.27	43:34	8:16	43	15:03	185	17:27	36.89	4:02:45	6:34	14	-	149	1:07:52
Last lap Finish	5.27	50:02	9:29	48	22:24	229	24:19	42.16	4:52:47	6:56	42	3:15:34	180	4:26:00