



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**SELTER, Thomas**

Club: LT Alfdorf  
Number: 345

Course: 42.16 km  
Marathon

Category:  
Männer M55

Total time: 5:25:09

Speed: 7.75 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 239 (of 289)

Rank in course/Men: 220 (of 261)

Best time in course: 3:20:36

Rank in category: 15(of 21)

Best time in the category: 4:02:33

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	5.27	35:00	6:38	13	8:57	205	12:38	5.27	35:00	6:38	8	3:37	230	
Lap 2	5.27	34:24	6:31	11	7:10	192	10:58	10.54	1:09:24	6:35	20	15:44	256	
Lap 3	5.27	36:41	6:57	15	8:13	217	13:03	15.81	1:46:05	6:42	8	10:37	225	
Lap 4	5.27	38:52	7:22	15	9:39	223	14:14	21.08	2:24:57	6:52	8	15:17	183	13:17
Lap 5	5.27	41:16	7:49	15	11:26	227	15:57	26.35	3:06:13	7:04	21	19:13	248	1:03:24
Lap 6	5.27	46:38	8:50	18	14:46	236	20:47	31.62	3:52:51	7:21	6	26:17	204	1:24:05
Lap 7	5.27	48:22	9:10	16	14:23	227	22:15	36.89	4:41:13	7:37	8	1:05:38	196	1:46:20
Last lap Finish	5.27	43:56	8:20	12	9:13	190	18:13	42.16	5:25:09	7:42	15	1:22:36	231	4:58:22