



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RÜLLER, Christian

Club: LG Stadtwerke München
Number: 303

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:47:56

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 21 (of 289)

Rank in course/Men: 21 (of 261)

Best time in course: 3:20:36

Rank in category: 5(of 31)

Best time in the category: 3:22:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	24:57	4:44	5	1:20	11	2:35	5.27	24:57	4:44	28		28	
Lap 2	5.27	25:41	4:52	6	1:08	16	2:15	10.54	50:38	4:48	19		26	
Lap 3	5.27	26:47	5:04	7	2:29	21	3:09	15.81	1:17:25	4:53	28		23	
Lap 4	5.27	26:51	5:05	6	2:12	20	2:13	21.08	1:44:16	4:56	19		22	
Lap 5	5.27	28:40	5:26	6	3:14	27	3:21	26.35	2:12:56	5:02	25		18	10:07
Lap 6	5.27	30:00	5:41	6	4:09	36	4:09	31.62	2:42:56	5:09	19	4:55	21	14:10
Lap 7	5.27	33:29	6:21	8	7:18	50	7:22	36.89	3:16:25	5:19	25		14	21:32
Last lap Finish	5.27	31:31	5:58	6	5:27	30	5:48	42.16	3:47:56	5:24	5	25:13	29	3:21:09