



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**ZIMMERMANN, Benjamin**

Club: LG Halbe Lunge Bärnin  
Number: 421

Course: 42.16 km  
Marathon

Category:  
Männer M20

Total time: 4:35:48

Speed: 9.17 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 128 (of 289)

Rank in course/Men: 124 (of 261)

Best time in course: 3:20:36

Rank in category: 11(of 22)

Best time in the category: 3:31:12

### 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	32:06	6:05	12	8:04	146	9:44	5.27	32:06	6:05	9		134	
Lap 2	5.27	30:06	5:42	10	5:17	94	6:40	10.54	1:02:12	5:54	17	8:37	217	
Lap 3	5.27	30:34	5:48	10	5:40	93	6:56	15.81	1:32:46	5:52	10		129	
Lap 4	5.27	31:55	6:03	12	6:24	103	7:17	21.08	2:04:41	5:54	7	16:23	107	
Lap 5	5.27	34:15	6:29	15	8:15	132	8:56	26.35	2:38:56	6:01	10		122	36:07
Lap 6	5.27	36:19	6:53	14	9:20	130	10:28	31.62	3:15:15	6:10	10		108	46:29
Lap 7	5.27	38:57	7:23	11	10:37	132	12:50	36.89	3:54:12	6:20	10		117	59:19
Last lap Finish	5.27	41:36	7:53	14	14:49	162	15:53	42.16	4:35:48	6:32	14	4:09:01	134	4:09:01