



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

MARUFKE, Thomas

Club: Hamburg
Number: 220

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:55:11

Speed: 8.57 km/h
Running performance: 7:00 min/km

Rank in course/Total: 188 (of 289)

Rank in course/Men: 176 (of 261)

Best time in course: 3:20:36

Rank in category: 23(of 31)

Best time in the category: 3:22:43

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 | 35:18 | 6:41 | 27 | 11:41 | 209 | 12:56 | 5.27 | 35:18 | 6:41 | 9 | 8:07 | 186 | |
| Lap 2 | 5.27 | 36:35 | 6:56 | 28 | 12:02 | 228 | 13:09 | 10.54 | 1:11:53 | 6:49 | 8 | 16:43 | 137 | |
| Lap 3 | 5.27 | 34:52 | 6:36 | 25 | 10:34 | 187 | 11:14 | 15.81 | 1:46:45 | 6:45 | 9 | 22:13 | 181 | |
| Lap 4 | 5.27 | 35:36 | 6:45 | 24 | 10:57 | 185 | 10:58 | 21.08 | 2:22:21 | 6:45 | 8 | 27:57 | 145 | 10:41 |
| Lap 5 | 5.27 | 36:07 | 6:51 | 24 | 10:41 | 165 | 10:48 | 26.35 | 2:58:28 | 6:46 | 8 | 32:41 | 173 | 55:39 |
| Lap 6 | 5.27 | 36:34 | 6:56 | 21 | 10:43 | 135 | 10:43 | 31.62 | 3:35:02 | 6:48 | 9 | 57:01 | 160 | 1:06:16 |
| Lap 7 | 5.27 | 38:35 | 7:19 | 18 | 12:24 | 124 | 12:28 | 36.89 | 4:13:37 | 6:52 | 9 | 33:27 | 154 | 1:18:44 |
| Last lap Finish | 5.27 | 41:34 | 7:53 | 21 | 15:30 | 161 | 15:51 | 42.16 | 4:55:11 | 7:00 | 24 | 1:32:28 | 187 | 4:28:24 |