



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: 8.54 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