



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

RUMPF, Thomas

Club: Herzberg
Number: 304

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:04:37

Speed: 8.30 km/h
Running performance: 7:14 min/km

Rank in course/Total: 203 (of 289)

Rank in course/Men: 189 (of 261)

Best time in course: 3:20:36

Rank in category: 40(of 50)

Best time in the category: 3:39:13

Intermediate times				Stage score				Total ranking						
Control	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	34:35	6:33	44	11:12	201	12:13	5.27	34:35	6:33	16	2:55	199	
Lap 2	5.27	34:42	6:35	40	10:05	199	11:16	10.54	1:09:17	6:34	49	4:35	255	
Lap 3	5.27	35:30	6:44	36	10:09	197	11:52	15.81	1:44:47	6:37	16	4:07	194	
Lap 4	5.27	36:27	6:54	40	9:37	198	11:49	21.08	2:21:14	6:41	14	4:11	156	9:34
Lap 5	5.27	37:57	7:12	40	10:19	197	12:38	26.35	2:59:11	6:48	47		239	56:22
Lap 6	5.27	39:59	7:35	36	11:47	187	14:08	31.62	3:39:10	6:55	16	0:26	173	1:10:24
Lap 7	5.27	42:49	8:07	36	14:38	178	16:42	36.89	4:21:59	7:06	14		165	1:27:06
Last lap Finish	5.27	42:38	8:05	34	14:15	177	16:55	42.16	5:04:37	7:13	41	3:43:51	200	4:37:50