



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**KASTL, Helmut**

Club: SK-Voest  
Number: 159

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 3:39:13

Speed: 11.50 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 12 (of 289)

Rank in course/Men: 12 (of 261)

Best time in course: 3:20:36

Rank in category: 1(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	26:23	5:00	6	3:00	33	4:01	5.27	26:23	5:00	27		19	
Lap 2	5.27	25:25	4:49	3	0:48	12	1:59	10.54	51:48	4:54	3		17	
Lap 3	5.27	25:57	4:55	2	0:36	12	2:19	15.81	1:17:45	4:55	38		15	
Lap 4	5.27	27:09	5:09	2	0:19	23	2:31	21.08	1:44:54	4:58	3		13	
Lap 5	5.27	28:41	5:26	3	1:03	28	3:22	26.35	2:13:35	5:04	2		9	10:46
Lap 6	5.27	28:12	5:21	1	-	14	2:21	31.62	2:41:47	5:06	33		12	13:01
Lap 7	5.27	29:03	5:30	2	0:52	11	2:56	36.89	3:10:50	5:10	3		6	15:57
Last lap Finish	5.27	28:23	5:23	1	-	10	2:40	42.16	3:39:13	5:11	2	2:18:27	20	3:12:26