



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Lammers, Stefan

Club: LSF Münster
Number: 211

Course: 31.62 km
3/4 Marathon

Category:
Männer M40

Total time: 3:46:09

Speed: 8.39 km/h
Running performance: 7:09 min/km

Rank in course/Total: 17 (of 23)

Rank in course/Men: 17 (of 22)

Best time in course: 2:46:55

Rank in category: 6(of 6)

Best time in the category: 3:14:32

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
Runde	5.27	35:19	6:42	6	10:02	18	10:02	5.27	35:19	6:42	6	7:04	7	1:44
Runde	5.27	33:30	6:21	6	6:08	12	6:41	10.54	1:08:49	6:31	6	10:13	7	1:29
Runde	5.27	33:18	6:19	5	4:17	9	6:26	15.81	1:42:07	6:27	6	13:25	7	1:17
Runde	5.27	34:19	6:30	5	3:55	8	6:23	21.08	2:16:26	6:28	6	17:20	7	
Runde	5.27	38:07	7:13	5	6:15	12	9:48	26.35	2:54:33	6:37	6	23:35	7	
Runde	5.27	51:36	9:47	5	11:57	18	20:28	31.62	3:46:09	7:09	6	31:37	17	59:14