



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

Detailed evaluation

Kegler, Lars

Club: Burgstädter LV  
Number: 172

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 3:57:39

Speed: 10.60 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 29 (of 311)

Rank in course/Men: 28 (of 279)

Best time in course: 3:02:44

Rank in category: 7(of 33)

Best time in the category: 3:37:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	28:57	5:29	12	4:28	60	7:14	5.27	28:57	5:29	28		34	
Runde	5.27	28:52	5:28	11	4:25	56	7:09	10.54	57:49	5:29	28		29	14:23
Runde	5.27	29:18	5:33	10	5:19	52	7:03	15.81	1:27:07	5:30	28		29	21:26
Runde	5.27	30:01	5:41	11	4:34	55	7:13	21.08	1:57:08	5:33	28		29	28:39
Runde	5.27	30:58	5:52	10	4:27	51	8:22	26.35	2:28:06	5:37	28		29	37:01
Runde	5.27	30:01	5:41	4	1:48	21	7:29	31.62	2:58:07	5:37	28		29	44:30
Runde	5.27	30:19	5:45	2	0:16	14	7:07	36.89	3:28:26	5:39	28		28	51:37
Runde	5.27	29:13	5:32	3	0:41	11	13:28	42.16	3:57:39	5:38	7	20:00	34	3:04:17