



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Kümmel, Stephan

Club: Treppenlaufteam Schritt für Schritt
Number: 204

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:15:42

Speed: 9.86 km/h
Running performance: 6:04 min/km

Rank in course/Total: 67 (of 311)

Rank in course/Men: 62 (of 279)

Best time in course: 3:02:44

Rank in category: 11(of 62)

Best time in the category: 3:40:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	31:20	5:56	27	7:10	118	9:37	5.27	31:20	5:56	6		68	0:47
Runde	5.27	29:52	5:40	18	5:04	76	8:09	10.54	1:01:12	5:48	42		63	17:46
Runde	5.27	30:22	5:45	20	4:41	80	8:07	15.81	1:31:34	5:47	5		63	25:53
Runde	5.27	31:56	6:03	21	5:18	94	9:08	21.08	2:03:30	5:51	42		63	35:01
Runde	5.27	31:43	6:01	11	3:35	62	9:07	26.35	2:35:13	5:53	42		63	44:08
Runde	5.27	32:25	6:09	11	3:20	58	9:53	31.62	3:07:38	5:56	42		63	54:01
Runde	5.27	34:58	6:38	15	5:12	65	11:46	36.89	3:42:36	6:02	41		62	1:05:47
Runde	5.27	33:06	6:16	8	17:21	42	17:21	42.16	4:15:42	6:03	14	3:18:18	68	3:22:20