



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Lüder, Steffen

Club: LC Ron-Hill Berlin
Number: 229

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:36:35

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 120 (of 311)

Rank in course/Men: 113 (of 279)

Best time in course: 3:02:44

Rank in category: 26(of 62)

Best time in the category: 3:40:26

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	30:28	5:46	20	6:18	87	8:45	5.27	30:28	5:46	60		118	
Runde	5.27	32:21	6:08	32	7:33	134	10:38	10.54	1:02:49	5:57	57		113	19:23
Runde	5.27	33:06	6:16	33	7:25	137	10:51	15.81	1:35:55	6:04	57		89	30:14
Runde	5.27	33:36	6:22	35	6:58	131	10:48	21.08	2:09:31	6:08	3		113	41:02
Runde	5.27	33:46	6:24	23	5:38	103	11:10	26.35	2:43:17	6:11	57		113	52:12
Runde	5.27	36:15	6:52	25	7:10	109	13:43	31.62	3:19:32	6:18	57		113	1:05:55
Runde	5.27	38:16	7:15	28	8:30	115	15:04	36.89	3:57:48	6:26	56		112	1:20:59
Runde	5.27	38:47	7:21	32	23:02	126	23:02	42.16	4:36:35	6:33	29	3:39:11	119	3:43:13