



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

König, Lars

Club: TuS Neukölln Berlin Triathlon
Number: 190

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:56:48

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 180 (of 311)

Rank in course/Men: 167 (of 279)

Best time in course: 3:02:44

Rank in category: 39(of 62)

Best time in the category: 3:33:30

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	30:45	5:50	23	7:59	98	9:02	5.27	30:45	5:50	9		105	0:12
Runde	5.27	31:10	5:54	23	7:29	111	9:27	10.54	1:01:55	5:52	9		64	18:29
Runde	5.27	33:09	6:17	33	8:26	140	10:54	15.81	1:35:04	6:00	9		167	29:23
Runde	5.27	34:34	6:33	31	8:48	146	11:46	21.08	2:09:38	6:08	9		167	41:09
Runde	5.27	37:23	7:05	36	10:53	170	14:47	26.35	2:47:01	6:20	9		167	55:56
Runde	5.27	41:07	7:48	41	12:58	194	18:35	31.62	3:28:08	6:34	9		167	1:14:31
Runde	5.27	42:56	8:08	42	14:29	183	19:44	36.89	4:11:04	6:48	9		166	1:34:15
Runde	5.27	45:44	8:40	45	18:44	208	29:59	42.16	4:56:48	7:02	40	4:03:26	173	4:03:26