



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

Detailed evaluation

Kühnemund, Wolfram

Club: Haag
Number: 202

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 5:01:55

Speed: 8.35 km/h
Running performance: 7:10 min/km

Rank in course/Total: 189 (of 311)

Rank in course/Men: 176 (of 279)

Best time in course: 3:02:44

Rank in category: 7(of 15)

Best time in the category: 4:16:29

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	30:55	5:51	4	3:14	103	9:12	5.27	30:55	5:51	7	3:14	181	0:22
Runde	5.27	30:53	5:51	4	2:57	104	9:10	10.54	1:01:48	5:51	7	6:11	176	18:22
Runde	5.27	32:06	6:05	3	3:35	115	9:51	15.81	1:33:54	5:56	7	9:46	176	28:13
Runde	5.27	33:19	6:19	3	3:42	119	10:31	21.08	2:07:13	6:02	7	13:28	176	38:44
Runde	5.27	37:36	7:08	7	7:29	173	15:00	26.35	2:44:49	6:15	7	18:57	176	53:44
Runde	5.27	44:02	8:21	12	11:46	229	21:30	31.62	3:28:51	6:36	7	25:49	176	1:15:14
Runde	5.27	45:06	8:33	11	9:09	206	21:54	36.89	4:13:57	6:53	7	33:39	175	1:37:08
Runde	5.27	47:58	9:06	12	11:47	233	32:13	42.16	5:01:55	7:09	7	45:26	182	4:08:33