



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

Detailed evaluation

Müller, Frank

Club: Haag-Winden  
Number: 258

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 5:21:59

Speed: 7.86 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 229 (of 311)

Rank in course/Men: 213 (of 279)

Best time in course: 3:02:44

Rank in category: 29(of 33)

Best time in the category: 3:37:39

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	38:14	7:15	32	13:45	247	16:31	5.27	38:14	7:15	13		219	7:41
Runde	5.27	36:52	6:59	30	12:25	226	15:09	10.54	1:15:06	7:07	13	0:30	214	31:40
Runde	5.27	36:49	6:59	29	12:50	216	14:34	15.81	1:51:55	7:04	13	1:55	214	46:14
Runde	5.27	37:39	7:08	27	12:12	203	14:51	21.08	2:29:34	7:05	13	3:22	214	1:01:05
Runde	5.27	39:06	7:25	25	12:35	192	16:30	26.35	3:08:40	7:09	13	5:34	214	1:17:35
Runde	5.27	40:53	7:45	26	12:40	188	18:21	31.62	3:49:33	7:15	13	7:00	214	1:35:56
Runde	5.27	45:54	8:42	27	15:51	212	22:42	36.89	4:35:27	7:28	13	13:26	213	1:58:38
Runde	5.27	46:32	8:49	27	18:00	218	30:47	42.16	5:21:59	7:38	29	1:44:20	219	4:28:37