



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Krömer, Holger

Club: VfL Bückeberg
Number: 196

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:40:00

Speed: 7.41 km/h
Running performance: 8:04 min/km

Rank in course/Total: 270 (of 311)

Rank in course/Men: 247 (of 279)

Best time in course: 3:02:44

Rank in category: 42(of 47)

Best time in the category: 3:29:07

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	34:14	6:29	24	8:59	189	12:31	5.27	34:14	6:29	19	1:25	165	3:41
Runde	5.27	33:22	6:19	22	8:21	161	11:39	10.54	1:07:36	6:24	19		153	24:10
Runde	5.27	34:14	6:29	24	8:12	161	11:59	15.81	1:41:50	6:26	15		226	36:09
Runde	5.27	35:10	6:40	23	9:14	164	12:22	21.08	2:17:00	6:29	19		159	48:31
Runde	5.27	40:44	7:43	33	14:25	218	18:08	26.35	2:57:44	6:44	19		248	1:06:39
Runde	5.27	47:46	9:03	44	20:29	256	25:14	31.62	3:45:30	7:07	19		248	1:31:53
Runde	5.27	57:24	10:53	46	29:45	271	34:12	36.89	4:42:54	7:40	19	0:31	247	2:06:05
Runde	5.27	57:06	10:50	46	31:28	274	41:21	42.16	5:40:00	8:03	42	2:10:53	253	4:46:38