



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Oesterreich, Lasse

Club: Nienburg
Number: 276

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:00:00

Speed: 10.50 km/h
Running performance: 5:41 min/km

Rank in course/Total: 35 (of 311)

Rank in course/Men: 34 (of 279)

Best time in course: 3:02:44

Rank in category: 8(of 33)

Best time in the category: 3:37:39

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	28:05	5:19	11	3:36	48	6:22	5.27	28:05	5:19	27		40	
Runde	5.27	27:13	5:09	7	2:46	33	5:30	10.54	55:18	5:14	27		35	11:52
Runde	5.27	28:13	5:21	9	4:14	38	5:58	15.81	1:23:31	5:16	27		35	17:50
Runde	5.27	28:59	5:29	6	3:32	35	6:11	21.08	1:52:30	5:20	27		35	24:01
Runde	5.27	29:16	5:33	6	2:45	25	6:40	26.35	2:21:46	5:22	27		35	30:41
Runde	5.27	30:59	5:52	9	2:46	36	8:27	31.62	2:52:45	5:27	27		35	39:08
Runde	5.27	32:41	6:12	7	2:38	39	9:29	36.89	3:25:26	5:34	27		25	48:37
Runde	5.27	34:34	6:33	9	6:02	59	18:49	42.16	4:00:00	5:41	8	22:21	40	3:06:38