



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

Detailed evaluation

Süßmann, René

Club: Running Team Süßmann  
Number: 395

Course: 42.16 km  
Marathon

Category:  
Männer M35

Total time: 4:05:40

Speed: 10.26 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 45 (of 311)

Rank in course/Men: 42 (of 279)

Best time in course: 3:02:44

Rank in category: 8(of 35)

Best time in the category: 3:26:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	29:23	5:34	9	6:02	68	7:40	5.27	29:23	5:34	27		48	
Runde	5.27	28:55	5:29	9	4:19	57	7:12	10.54	58:18	5:31	25		43	14:52
Runde	5.27	30:04	5:42	9	5:16	72	7:49	15.81	1:28:22	5:35	25		43	22:41
Runde	5.27	30:37	5:48	11	5:06	68	7:49	21.08	1:58:59	5:38	25		43	30:30
Runde	5.27	30:18	5:44	7	4:14	40	7:42	26.35	2:29:17	5:39	25		43	38:12
Runde	5.27	31:06	5:54	9	4:47	39	8:34	31.62	3:00:23	5:42	25		43	46:46
Runde	5.27	32:22	6:08	7	5:16	35	9:10	36.89	3:32:45	5:46	25		42	55:56
Runde	5.27	32:55	6:14	8	6:17	40	17:10	42.16	4:05:40	5:49	9	3:03:57	48	3:12:18