



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

Detailed evaluation

Lachmann, Andreas

Club: Runners Point
Number: 209

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 4:17:35

Speed: 7.37 km/h
Running performance: 8:09 min/km

Rank in course/Total: 23 (of 23)

Rank in course/Men: 22 (of 22)

Best time in course: 2:46:55

Rank in category: 6(of 6)

Best time in the category: 3:16:15

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	34:45	6:35	5	4:19	15	9:28	5.27	34:45	6:35	6	4:19	2	1:10
Runde	5.27	36:41	6:57	5	5:55	19	9:52	10.54	1:11:26	6:46	6	10:14	2	4:06
Runde	5.27	38:33	7:18	5	8:07	20	11:41	15.81	1:49:59	6:57	6	18:21	2	9:09
Runde	5.27	42:09	7:59	5	11:05	21	14:13	21.08	2:32:08	7:13	6	29:26	2	13:27
Runde	5.27	52:04	9:52	6	18:40	22	23:45	26.35	3:24:12	7:44	6	48:06	2	26:33
Runde	5.27	53:23	10:07	6	13:14	21	22:15	31.62	4:17:35	8:08	6	1:01:20	22	1:30:40