



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Grond, Josef

Club: Marathon Steinfurt
Number: 107

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:23:57

Speed: 9.55 km/h
Running performance: 6:16 min/km

Rank in course/Total: 89 (of 311)

Rank in course/Men: 82 (of 279)

Best time in course: 3:02:44

Rank in category: 2(of 15)

Best time in the category: 4:16:29

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	28:24	5:23	2	0:43	54	6:41	5.27	28:24	5:23	2	0:43	87	
Runde	5.27	28:42	5:26	2	0:46	53	6:59	10.54	57:06	5:25	2	1:29	82	13:40
Runde	5.27	29:39	5:37	2	1:08	62	7:24	15.81	1:26:45	5:29	2	2:37	82	21:04
Runde	5.27	30:13	5:44	2	0:36	57	7:25	21.08	1:56:58	5:32	2	3:13	82	28:29
Runde	5.27	30:07	5:42	1	-	37	7:31	26.35	2:27:05	5:34	2	1:13	82	36:00
Runde	5.27	32:16	6:07	1	-	55	9:44	31.62	2:59:21	5:40	2		39	45:44
Runde	5.27	38:01	7:12	6	2:04	109	14:49	36.89	3:37:22	5:53	2		81	1:00:33
Runde	5.27	46:35	8:50	10	10:24	221	30:50	42.16	4:23:57	6:15	2	7:28	88	3:30:35