



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 169

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:25:29

Speed: 9.49 km/h
Running performance: 6:18 min/km

Rank in course/Total: 91 (of 311)

Rank in course/Men: 84 (of 279)

Best time in course: 3:02:44

Rank in category: 18(of 62)

Best time in the category: 3:40:26

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	31:20	5:56	27	7:10	118	9:37	5.27	31:20	5:56	6		68	0:47
Runde	5.27	30:36	5:48	25	5:48	96	8:53	10.54	1:01:56	5:52	49		84	18:30
Runde	5.27	30:32	5:47	23	4:51	85	8:17	15.81	1:32:28	5:50	49		41	26:47
Runde	5.27	31:26	5:57	19	4:48	82	8:38	21.08	2:03:54	5:52	49		84	35:25
Runde	5.27	33:12	6:17	20	5:04	94	10:36	26.35	2:37:06	5:57	49		84	46:01
Runde	5.27	34:42	6:35	19	5:37	86	12:10	31.62	3:11:48	6:03	49		84	58:11
Runde	5.27	35:58	6:49	18	6:12	79	12:46	36.89	3:47:46	6:10	48		83	1:10:57
Runde	5.27	37:43	7:09	28	21:58	108	21:58	42.16	4:25:29	6:17	21	3:28:05	90	3:32:07