



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Kathöwer, Robert

Club: Robens Runners
Number: 171

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:35:22

Speed: 9.15 km/h
Running performance: 6:32 min/km

Rank in course/Total: 119 (of 311)

Rank in course/Men: 112 (of 279)

Best time in course: 3:02:44

Rank in category: 15(of 35)

Best time in the category: 3:26:19

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	31:24	5:57	19	8:03	124	9:41	5.27	31:24	5:57	33		117	0:51
Runde	5.27	31:34	5:59	16	6:58	119	9:51	10.54	1:02:58	5:58	31		112	19:32
Runde	5.27	32:00	6:04	16	7:12	111	9:45	15.81	1:34:58	6:00	31		112	29:17
Runde	5.27	33:27	6:20	19	7:56	124	10:39	21.08	2:08:25	6:05	31		112	39:56
Runde	5.27	33:35	6:22	17	7:31	99	10:59	26.35	2:42:00	6:08	31		112	50:55
Runde	5.27	36:27	6:54	16	10:08	115	13:55	31.62	3:18:27	6:16	31		112	1:04:50
Runde	5.27	38:51	7:22	19	11:45	131	15:39	36.89	3:57:18	6:25	31		111	1:20:29
Runde	5.27	38:04	7:13	16	11:26	115	22:19	42.16	4:35:22	6:31	16	3:33:39	118	3:42:00