



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

Detailed evaluation

Lurz, Robert

Club: ULF Mondsee
Number: 230

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:42:41

Speed: 8.91 km/h
Running performance: 6:43 min/km

Rank in course/Total: 131 (of 311)

Rank in course/Men: 123 (of 279)

Best time in course: 3:02:44

Rank in category: 32(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	31:42	6:00	32	7:32	132	9:59	5.27	31:42	6:00	4		128	1:09
Runde	5.27	32:27	6:09	33	7:39	139	10:44	10.54	1:04:09	6:05	3		123	20:43
Runde	5.27	31:52	6:02	27	6:11	106	9:37	15.81	1:36:01	6:04	3		121	30:20
Runde	5.27	33:30	6:21	32	6:52	125	10:42	21.08	2:09:31	6:08	3		113	41:02
Runde	5.27	34:44	6:35	28	6:36	119	12:08	26.35	2:44:15	6:14	3		123	53:10
Runde	5.27	37:19	7:04	33	8:14	135	14:47	31.62	3:21:34	6:22	3		123	1:07:57
Runde	5.27	40:23	7:39	36	10:37	153	17:11	36.89	4:01:57	6:33	3		122	1:25:08
Runde	5.27	40:44	7:43	38	24:59	152	24:59	42.16	4:42:41	6:42	35	3:45:17	129	3:49:19