



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Witte, Lars

Club: VFR Wilsche-Neubokel
Number: 436

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:55:26

Speed: 8.53 km/h
Running performance: 7:01 min/km

Rank in course/Total: 175 (of 311)

Rank in course/Men: 163 (of 279)

Best time in course: 3:02:44

Rank in category: 37(of 62)

Best time in the category: 3:33:30

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	32:49	6:13	39	10:03	160	11:06	5.27	32:49	6:13	7	0:12	168	2:16
Runde	5.27	32:20	6:08	33	8:39	132	10:37	10.54	1:05:09	6:10	7	0:08	163	21:43
Runde	5.27	34:24	6:31	39	9:41	171	12:09	15.81	1:39:33	6:17	7	0:03	163	33:52
Runde	5.27	34:48	6:36	32	9:02	154	12:00	21.08	2:14:21	6:22	7		163	45:52
Runde	5.27	38:40	7:20	43	12:10	185	16:04	26.35	2:53:01	6:33	7		163	1:01:56
Runde	5.27	38:34	7:19	33	10:25	156	16:02	31.62	3:31:35	6:41	7		163	1:17:58
Runde	5.27	39:40	7:31	33	11:13	143	16:28	36.89	4:11:15	6:48	7		162	1:34:26
Runde	5.27	44:11	8:23	41	17:11	187	28:26	42.16	4:55:26	7:00	38	4:02:04	169	4:02:04