



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

Detailed evaluation

Weißenborn, Lars

Club: Berlin
Number: 427

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:04:52

Speed: 8.27 km/h
Running performance: 7:14 min/km

Rank in course/Total: 197 (of 311)

Rank in course/Men: 182 (of 279)

Best time in course: 3:02:44

Rank in category: 42(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	33:46	6:24	42	11:00	174	12:03	5.27	33:46	6:24	2	1:09	155	3:13
Runde	5.27	34:20	6:30	44	10:39	186	12:37	10.54	1:08:06	6:27	12	3:05	183	24:40
Runde	5.27	34:55	6:37	44	10:12	184	12:40	15.81	1:43:01	6:30	12	3:31	183	37:20
Runde	5.27	36:02	6:50	41	10:16	178	13:14	21.08	2:19:03	6:35	12	1:48	183	50:34
Runde	5.27	39:44	7:32	47	13:14	205	17:08	26.35	2:58:47	6:47	12		183	1:07:42
Runde	5.27	39:52	7:33	38	11:43	176	17:20	31.62	3:38:39	6:54	12		183	1:25:02
Runde	5.27	42:20	8:01	40	13:53	173	19:08	36.89	4:20:59	7:04	12		182	1:44:10
Runde	5.27	43:53	8:19	40	16:53	183	28:08	42.16	5:04:52	7:13	43	4:11:30	188	4:11:30