



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Lubkoll, Jörn

Club: Berlin
Number: 227

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:25:36

Speed: 7.74 km/h
Running performance: 7:43 min/km

Rank in course/Total: 239 (of 311)

Rank in course/Men: 221 (of 279)

Best time in course: 3:02:44

Rank in category: 50(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	31:40	6:00	34	8:54	130	9:57	5.27	31:40	6:00	20		227	1:07
Runde	5.27	32:55	6:14	37	9:14	149	11:12	10.54	1:04:35	6:07	20		222	21:09
Runde	5.27	35:39	6:45	45	10:56	193	13:24	15.81	1:40:14	6:20	20	0:44	222	34:33
Runde	5.27	36:22	6:54	43	10:36	182	13:34	21.08	2:16:36	6:28	20		222	48:07
Runde	5.27	39:35	7:30	46	13:05	201	16:59	26.35	2:56:11	6:41	20		222	1:05:06
Runde	5.27	45:30	8:38	54	17:21	240	22:58	31.62	3:41:41	7:00	20		222	1:28:04
Runde	5.27	54:16	10:17	61	25:49	267	31:04	36.89	4:35:57	7:28	20	4:18	221	1:59:08
Runde	5.27	49:39	9:25	54	22:39	251	33:54	42.16	5:25:36	7:43	51	4:32:14	227	4:32:14