



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Lorz, Matthias

Club: CaBa`s CaBaNauTeN
Number: 224

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:33:14

Speed: 7.56 km/h
Running performance: 7:54 min/km

Rank in course/Total: 255 (of 311)

Rank in course/Men: 234 (of 279)

Best time in course: 3:02:44

Rank in category: 15(of 19)

Best time in the category: 3:02:44

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	38:56	7:23	18	17:13	261	17:13	5.27	38:56	7:23	6	4:41	240	8:23
Runde	5.27	37:31	7:07	14	15:48	237	15:48	10.54	1:16:27	7:15	6	8:58	235	33:01
Runde	5.27	37:37	7:08	15	15:22	233	15:22	15.81	1:54:04	7:12	6	14:30	235	48:23
Runde	5.27	40:59	7:46	17	18:11	251	18:11	21.08	2:35:03	7:21	6	22:34	235	1:06:34
Runde	5.27	45:04	8:33	16	22:28	259	22:28	26.35	3:20:07	7:35	5	32:46	235	1:29:02
Runde	5.27	41:42	7:54	14	19:10	202	19:10	31.62	4:01:49	7:38	5	37:11	235	1:48:12
Runde	5.27	47:14	8:57	14	24:02	222	24:02	36.89	4:49:03	7:50	5	41:31	234	2:12:14
Runde	5.27	44:11	8:23	12	18:16	187	28:26	42.16	5:33:14	7:54	15	2:30:30	240	4:39:52