



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Dunajski, Rafael**

Club: Köln  
Number: 63

Course: 42.16 km  
Marathon

Category:  
Männer M20

Total time: 5:33:15

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

Rank in course/Total: 256 (of 311)

Rank in course/Men: 235 (of 279)

Best time in course: 3:02:44

Rank in category: 16(of 19)

Best time in the category: 3:02:44

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	39:31	7:29	19	17:48	270	17:48	5.27	39:31	7:29	5	5:16	241	8:58
Runde	5.27	38:44	7:20	17	17:01	252	17:01	10.54	1:18:15	7:25	5	10:46	236	34:49
Runde	5.27	35:50	6:47	14	13:35	194	13:35	15.81	1:54:05	7:12	5	14:31	236	48:24
Runde	5.27	40:56	7:46	16	18:08	250	18:08	21.08	2:35:01	7:21	5	22:32	236	1:06:32
Runde	5.27	45:06	8:33	18	22:30	261	22:30	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	44:12	8:23	13	18:17	190	28:27	42.16	5:33:15	7:54	16	2:30:31	241	4:39:53