



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Trambo, Uwe

Club: Peewee
Number: 408

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:34:05

Speed: 7.54 km/h
Running performance: 7:55 min/km

Rank in course/Total: 259 (of 311)

Rank in course/Men: 238 (of 279)

Best time in course: 3:02:44

Rank in category: 30(of 33)

Best time in the category: 3:37:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Runde	5.27	37:20	7:05	30	12:51	235	15:37	5.27	37:20	7:05	14		244	6:47
Runde	5.27	37:31	7:07	32	13:04	237	15:48	10.54	1:14:51	7:06	14	0:15	177	31:25
Runde	5.27	37:18	7:04	31	13:19	226	15:03	15.81	1:52:09	7:05	14	2:09	239	46:28
Runde	5.27	39:07	7:25	29	13:40	228	16:19	21.08	2:31:16	7:10	14	5:04	239	1:02:47
Runde	5.27	41:56	7:57	31	15:25	232	19:20	26.35	3:13:12	7:19	14	10:06	239	1:22:07
Runde	5.27	46:02	8:44	30	17:49	248	23:30	31.62	3:59:14	7:33	14	16:41	239	1:45:37
Runde	5.27	47:42	9:03	28	17:39	236	24:30	36.89	4:46:56	7:46	14	24:55	238	2:10:07
Runde	5.27	47:09	8:56	28	18:37	226	31:24	42.16	5:34:05	7:55	30	1:56:26	244	4:40:43