



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Ohlhoff, Kim

Club: erst laufen dann saufen
Number: 277

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:44:32

Speed: 7.31 km/h
Running performance: 8:10 min/km

Rank in course/Total: 277 (of 311)

Rank in course/Men: 254 (of 279)

Best time in course: 3:02:44

Rank in category: 31(of 33)

Best time in the category: 3:37:39

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	36:39	6:57	29	12:10	228	14:56	5.27	36:39	6:57	15		260	6:06
Runde	5.27	37:23	7:05	31	12:56	234	15:40	10.54	1:14:02	7:01	15		255	30:36
Runde	5.27	37:08	7:02	30	13:09	223	14:53	15.81	1:51:10	7:01	15	1:10	255	45:29
Runde	5.27	39:11	7:26	30	13:44	229	16:23	21.08	2:30:21	7:07	15	4:09	255	1:01:52
Runde	5.27	41:22	7:50	30	14:51	224	18:46	26.35	3:11:43	7:16	15	8:37	255	1:20:38
Runde	5.27	49:22	9:22	31	21:09	259	26:50	31.62	4:01:05	7:37	15	18:32	255	1:47:28
Runde	5.27	55:14	10:28	32	25:11	270	32:02	36.89	4:56:19	8:01	15	34:18	254	2:19:30
Runde	5.27	48:13	9:08	29	19:41	235	32:28	42.16	5:44:32	8:10	31	2:06:53	260	4:51:10