



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Grunenberg, Karol

Club: Bunert Running Team
Number: 111

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 3:02:44

Speed: 13.79 km/h
Running performance: 4:20 min/km

Rank in course/Total: 1 (of 311)

Rank in course/Men: 1 (of 279)

Best time in course: 3:02:44

Rank in category: 1(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	21:43	4:07	1	-	1	-	5.27	21:43	4:07	11		6	
Runde	5.27	21:43	4:07	1	-	1	-	10.54	43:26	4:07	11		1	-
Runde	5.27	22:15	4:13	1	-	1	-	15.81	1:05:41	4:09	11		1	-
Runde	5.27	22:48	4:19	1	-	1	-	21.08	1:28:29	4:11	11		1	-
Runde	5.27	22:36	4:17	1	-	1	-	26.35	1:51:05	4:12	11		1	-
Runde	5.27	22:32	4:16	1	-	1	-	31.62	2:13:37	4:13	11		1	-
Runde	5.27	23:12	4:24	1	-	1	-	36.89	2:36:49	4:15	11		1	-
Runde	5.27	25:55	4:55	1	-	3	10:10	42.16	3:02:44	4:20	1	-	6	2:09:22