



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

Detailed evaluation

Kaiser, Jörg

Club: Zossen  
Number: 167

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M45

Total time: 3:38:57

Speed: 8.50 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 9 (of 23)

Rank in course/Men: 9 (of 22)

Best time in course: 2:46:55

Rank in category: 3(of 6)

Best time in the category: 3:16:15

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	32:52	6:14	2	2:26	9	7:35	5.27	32:52	6:14	3	2:26	15	
Runde	5.27	32:43	6:12	2	1:57	9	5:54	10.54	1:05:35	6:13	3	4:23	15	
Runde	5.27	34:15	6:29	3	3:49	14	7:23	15.81	1:39:50	6:18	3	8:12	15	
Runde	5.27	36:08	6:51	4	5:04	15	8:12	21.08	2:15:58	6:27	3	13:16	15	
Runde	5.27	39:01	7:24	4	5:37	15	10:42	26.35	2:54:59	6:38	3	18:53	15	
Runde	5.27	43:58	8:20	3	3:49	10	12:50	31.62	3:38:57	6:55	3	22:42	9	52:02