



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

Detailed evaluation

wallat, Dominik

Club: Bodenwerder  
Number: 420

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M30

Total time: 3:44:05

Speed: 8.47 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 15 (of 23)

Rank in course/Men: 15 (of 22)

Best time in course: 2:46:55

Rank in category: 2(of 2)

Best time in the category: 3:42:06

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               | 28:30      | 5:24         | 1        | -           | 4       | 3:13       | 5.27     | 28:30         | 5:24         | 2        |             | 9       |            |
| Runde   | 5.27               | 33:39      | 6:23         | 1        | -           | 14      | 6:50       | 10.54    | 1:02:09       | 5:53         | 2        |             | 9       |            |
| Runde   | 5.27               | 32:26      | 6:09         | 1        | -           | 6       | 5:34       | 15.81    | 1:34:35       | 5:58         | 2        |             | 9       |            |
| Runde   | 5.27               | 34:03      | 6:27         | 1        | -           | 6       | 6:07       | 21.08    | 2:08:38       | 6:06         | 2        |             | 9       |            |
| Runde   | 5.27               | 43:15      | 8:12         | 2        | 4:17        | 19      | 14:56      | 26.35    | 2:51:53       | 6:31         | 2        |             | 9       |            |
| Runde   | 5.27               | 52:12      | 9:54         | 2        | 7:45        | 20      | 21:04      | 31.62    | 3:44:05       | 7:05         | 2        | 1:59        | 15      | 57:10      |