



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

Detailed evaluation

Weidenhaupt, Friedhelm

Club: cool runnings Brühl  
Number: 424

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 3:57:51

Speed: 10.59 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 30 (of 311)

Rank in course/Men: 29 (of 279)

Best time in course: 3:02:44

Rank in category: 4(of 62)

Best time in the category: 3:40:26

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	27:23	5:11	5	3:13	36	5:40	5.27	27:23	5:11	38		31	
Runde	5.27	26:25	5:00	3	1:37	22	4:42	10.54	53:48	5:06	35		30	10:22
Runde	5.27	26:49	5:05	3	1:08	21	4:34	15.81	1:20:37	5:05	35		30	14:56
Runde	5.27	29:28	5:35	8	2:50	44	6:40	21.08	1:50:05	5:13	35		30	21:36
Runde	5.27	30:47	5:50	8	2:39	46	8:11	26.35	2:20:52	5:20	35		30	29:47
Runde	5.27	32:15	6:07	8	3:10	53	9:43	31.62	2:53:07	5:28	35		30	39:30
Runde	5.27	33:24	6:20	7	3:38	44	10:12	36.89	3:26:31	5:35	34		29	49:42
Runde	5.27	31:20	5:56	6	15:35	28	15:35	42.16	3:57:51	5:38	7	3:00:27	35	3:04:29