



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

Schilder, Holger

Club: GMRL  
Number: 332

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:12:17

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 58 (of 311)

Rank in course/Men: 54 (of 279)

Best time in course: 3:02:44

Rank in category: 10(of 62)

Best time in the category: 3:40:26

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	26:09	4:57	4	1:59	25	4:26	5.27	26:09	4:57	44		60	
Runde	5.27	28:18	5:22	8	3:30	44	6:35	10.54	54:27	5:09	41		55	11:01
Runde	5.27	29:12	5:32	9	3:31	49	6:57	15.81	1:23:39	5:17	41		55	17:58
Runde	5.27	30:37	5:48	14	3:59	68	7:49	21.08	1:54:16	5:25	41		55	25:47
Runde	5.27	32:27	6:09	17	4:19	84	9:51	26.35	2:26:43	5:34	41		55	35:38
Runde	5.27	33:49	6:25	16	4:44	75	11:17	31.62	3:00:32	5:42	41		55	46:55
Runde	5.27	37:12	7:03	22	7:26	96	14:00	36.89	3:37:44	5:54	40		54	1:00:55
Runde	5.27	34:33	6:33	12	18:48	58	18:48	42.16	4:12:17	5:59	13	3:14:53	60	3:18:55