



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

Detailed evaluation

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Club: SV 19 Straelen  
Number: 415

Course: 42.16 km  
Marathon

Category:  
Männer M50

Total time: 4:13:36

Speed: 9.94 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 61 (of 311)

Rank in course/Men: 56 (of 279)

Best time in course: 3:02:44

Rank in category: 8(of 47)

Best time in the category: 3:29:07

| 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     | 28:33      | 5:25         | 4           | 3:18        | 57      | 6:50       | 5.27          | 28:33      | 5:25         | 32       |             | 62      |            |
| Runde              | 5.27     | 29:11      | 5:32         | 5           | 4:10        | 63      | 7:28       | 10.54         | 57:44      | 5:28         | 32       |             | 57      | 14:18      |
| Runde              | 5.27     | 30:53      | 5:51         | 9           | 4:51        | 90      | 8:38       | 15.81         | 1:28:37    | 5:36         | 32       |             | 57      | 22:56      |
| Runde              | 5.27     | 31:45      | 6:01         | 12          | 5:49        | 92      | 8:57       | 21.08         | 2:00:22    | 5:42         | 32       |             | 57      | 31:53      |
| Runde              | 5.27     | 31:49      | 6:02         | 8           | 5:30        | 66      | 9:13       | 26.35         | 2:32:11    | 5:46         | 32       |             | 57      | 41:06      |
| Runde              | 5.27     | 34:05      | 6:28         | 10          | 6:48        | 78      | 11:33      | 31.62         | 3:06:16    | 5:53         | 32       |             | 57      | 52:39      |
| Runde              | 5.27     | 34:13      | 6:29         | 9           | 6:34        | 58      | 11:01      | 36.89         | 3:40:29    | 5:58         | 32       |             | 56      | 1:03:40    |
| Runde              | 5.27     | 33:07      | 6:17         | 9           | 7:29        | 43      | 17:22      | 42.16         | 4:13:36    | 6:00         | 8        | 44:29       | 62      | 3:20:14    |