



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

Detailed evaluation

Hansen, Dirk

Club: Niebüll

Number: 119

Course: 31.62 km

3/4 Marathon

Category:

Männer M45

Total time: 4:14:39

Speed: 7.45 km/h

Running performance: 8:03 min/km

Rank in course/Total: 21 (of 23)

Rank in course/Men: 21 (of 22)

Best time in course: 2:46:55

Rank in category: 5(of 6)

Best time in the category: 3:16:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	5.27	33:12	6:17	3	2:46	11	7:55	5.27	33:12	6:17	5	2:46	3		
Runde	5.27	37:43	7:09	6	6:57	21	10:54	10.54	1:10:55	6:43	5	9:43	3	3:35	
Runde	5.27	39:52	7:33	6	9:26	22	13:00	15.81	1:50:47	7:00	5	19:09	3	9:57	
Runde	5.27	42:23	8:02	6	11:19	22	14:27	21.08	2:33:10	7:15	5	30:28	3	14:29	
Runde	5.27	49:47	9:26	5	16:23	21	21:28	26.35	3:22:57	7:42	5	46:51	3	25:18	
Runde	5.27	51:42	9:48	5	11:33	19	20:34	31.62	4:14:39	8:03	5	58:24	21	1:27:44	