



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

Detailed evaluation

Brack, Jens-Uwe

Club: Breienthal
Number: 37

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:17:50

Speed: 9.77 km/h
Running performance: 6:07 min/km

Rank in course/Total: 73 (of 311)

Rank in course/Men: 68 (of 279)

Best time in course: 3:02:44

Rank in category: 14(of 62)

Best time in the category: 3:40:26

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	32:06	6:05	35	7:56	143	10:23	5.27	32:06	6:05	32		74	1:33
Runde	5.27	30:15	5:44	23	5:27	90	8:32	10.54	1:02:21	5:54	45		69	18:55
Runde	5.27	30:01	5:41	16	4:20	70	7:46	15.81	1:32:22	5:50	45		69	26:41
Runde	5.27	31:16	5:55	18	4:38	81	8:28	21.08	2:03:38	5:51	45		69	35:09
Runde	5.27	31:50	6:02	12	3:42	67	9:14	26.35	2:35:28	5:54	45		69	44:23
Runde	5.27	32:19	6:07	10	3:14	57	9:47	31.62	3:07:47	5:56	45		69	54:10
Runde	5.27	33:11	6:17	6	3:25	43	9:59	36.89	3:40:58	5:59	44		68	1:04:09
Runde	5.27	36:52	6:59	21	21:07	88	21:07	42.16	4:17:50	6:06	17	3:20:26	74	3:24:28