



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Gierer, Philip

Club: TC FIKO Rostock
Number: 100

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:19:08

Speed: 9.72 km/h
Running performance: 6:09 min/km

Rank in course/Total: 77 (of 311)

Rank in course/Men: 72 (of 279)

Best time in course: 3:02:44

Rank in category: 19(of 62)

Best time in the category: 3:33:30

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	30:48	5:50	24	8:02	100	9:05	5.27	30:48	5:50	51		78	0:15
Runde	5.27	32:46	6:13	36	9:05	144	11:03	10.54	1:03:34	6:01	50		73	20:08
Runde	5.27	32:39	6:11	26	7:56	123	10:24	15.81	1:36:13	6:05	50		73	30:32
Runde	5.27	33:34	6:22	28	7:48	130	10:46	21.08	2:09:47	6:09	50		73	41:18
Runde	5.27	32:35	6:10	22	6:05	86	9:59	26.35	2:42:22	6:09	50		73	51:17
Runde	5.27	32:29	6:09	13	4:20	59	9:57	31.62	3:14:51	6:09	50		73	1:01:14
Runde	5.27	33:26	6:20	10	4:59	45	10:14	36.89	3:48:17	6:11	50		72	1:11:28
Runde	5.27	30:51	5:51	4	3:51	22	15:06	42.16	4:19:08	6:08	20	3:25:46	78	3:25:46