



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Herold, Fredi

Club: Saalfelder LV
Number: 134

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:25:22

Speed: 9.50 km/h
Running performance: 6:17 min/km

Rank in course/Total: 90 (of 311)

Rank in course/Men: 83 (of 279)

Best time in course: 3:02:44

Rank in category: 17(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 | 30:59 | 5:52 | 25 | 6:49 | 107 | 9:16 | 5.27 | 30:59 | 5:52 | 51 | | 88 | 0:26 |
| Runde | 5.27 | 30:14 | 5:44 | 22 | 5:26 | 88 | 8:31 | 10.54 | 1:01:13 | 5:48 | 48 | | 83 | 17:47 |
| Runde | 5.27 | 30:29 | 5:47 | 22 | 4:48 | 84 | 8:14 | 15.81 | 1:31:42 | 5:48 | 48 | | 83 | 26:01 |
| Runde | 5.27 | 31:10 | 5:54 | 17 | 4:32 | 78 | 8:22 | 21.08 | 2:02:52 | 5:49 | 48 | | 83 | 34:23 |
| Runde | 5.27 | 32:15 | 6:07 | 14 | 4:07 | 77 | 9:39 | 26.35 | 2:35:07 | 5:53 | 48 | | 83 | 44:02 |
| Runde | 5.27 | 34:33 | 6:33 | 18 | 5:28 | 83 | 12:01 | 31.62 | 3:09:40 | 5:59 | 48 | | 83 | 56:03 |
| Runde | 5.27 | 37:30 | 7:06 | 24 | 7:44 | 100 | 14:18 | 36.89 | 3:47:10 | 6:09 | 47 | | 82 | 1:10:21 |
| Runde | 5.27 | 38:12 | 7:14 | 30 | 22:27 | 117 | 22:27 | 42.16 | 4:25:22 | 6:17 | 20 | 3:27:58 | 89 | 3:32:00 |