



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Puchert, Alexander**

Club: LG Wuppertal  
Number: 299

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:28:04

Speed: 9.40 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 97 (of 311)

Rank in course/Men: 90 (of 279)

Best time in course: 3:02:44

Rank in category: 21(of 62)

Best time in the category: 3:33:30

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	31:19	5:56	30	8:33	115	9:36	5.27	31:19	5:56	53		94	0:46
Runde	5.27	31:32	5:59	26	7:51	116	9:49	10.54	1:02:51	5:57	52		89	19:25
Runde	5.27	33:04	6:16	31	8:21	136	10:49	15.81	1:35:55	6:04	52		89	30:14
Runde	5.27	33:46	6:24	29	8:00	135	10:58	21.08	2:09:41	6:09	52		89	41:12
Runde	5.27	34:49	6:36	28	8:19	121	12:13	26.35	2:44:30	6:14	52		89	53:25
Runde	5.27	34:52	6:36	21	6:43	87	12:20	31.62	3:19:22	6:18	52		89	1:05:45
Runde	5.27	33:50	6:25	11	5:23	47	10:38	36.89	3:53:12	6:19	52		88	1:16:23
Runde	5.27	34:52	6:36	13	7:52	64	19:07	42.16	4:28:04	6:21	22	3:34:42	96	3:34:42