



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Poerschke, Ralf

Club: MSV Eintracht Halberstadt
Number: 292

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:30:48

Speed: 9.31 km/h
Running performance: 6:25 min/km

Rank in course/Total: 103 (of 311)

Rank in course/Men: 96 (of 279)

Best time in course: 3:02:44

Rank in category: 21(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	28:30	5:24	12	4:20	56	6:47	5.27	28:30	5:24	56		102	
Runde	5.27	28:34	5:25	11	3:46	50	6:51	10.54	57:04	5:24	53		97	13:38
Runde	5.27	30:02	5:41	17	4:21	71	7:47	15.81	1:27:06	5:30	53		97	21:25
Runde	5.27	31:01	5:53	16	4:23	75	8:13	21.08	1:58:07	5:36	53		97	29:38
Runde	5.27	33:18	6:19	21	5:10	97	10:42	26.35	2:31:25	5:44	53		97	40:20
Runde	5.27	37:34	7:07	35	8:29	138	15:02	31.62	3:08:59	5:58	53		97	55:22
Runde	5.27	41:38	7:54	39	11:52	167	18:26	36.89	3:50:37	6:15	52		89	1:13:48
Runde	5.27	40:11	7:37	35	24:26	145	24:26	42.16	4:30:48	6:25	24	3:33:24	102	3:37:26