



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Houben, Rudolf

Club: LLG 80 Nordpark Köln
Number: 152

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:32:23

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 110 (of 311)

Rank in course/Men: 103 (of 279)

Best time in course: 3:02:44

Rank in category: 3(of 15)

Best time in the category: 4:16:29

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	28:52	5:28	3	1:11	59	7:09	5.27	28:52	5:28	3	1:11	108	
Runde	5.27	30:18	5:44	3	2:22	91	8:35	10.54	59:10	5:36	3	3:33	103	15:44
Runde	5.27	33:41	6:23	5	5:10	149	11:26	15.81	1:32:51	5:52	3	8:43	103	27:10
Runde	5.27	33:38	6:22	5	4:01	132	10:50	21.08	2:06:29	6:00	3	12:44	103	38:00
Runde	5.27	34:24	6:31	4	4:17	112	11:48	26.35	2:40:53	6:06	3	15:01	103	49:48
Runde	5.27	34:58	6:38	2	2:42	88	12:26	31.62	3:15:51	6:11	3	12:49	91	1:02:14
Runde	5.27	37:30	7:06	5	1:33	100	14:18	36.89	3:53:21	6:19	3	13:03	102	1:16:32
Runde	5.27	39:02	7:24	5	2:51	129	23:17	42.16	4:32:23	6:27	3	15:54	109	3:39:01