



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Hanstein, Arnd

Club: TG Lisperhausen - Triathlon Team 3ender
Number: 120

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:33:55

Speed: 9.20 km/h
Running performance: 6:30 min/km

Rank in course/Total: 112 (of 311)

Rank in course/Men: 105 (of 279)

Best time in course: 3:02:44

Rank in category: 26(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	29:55	5:40	16	7:09	77	8:12	5.27	29:55	5:40	58		110	
Runde	5.27	30:38	5:48	22	6:57	99	8:55	10.54	1:00:33	5:44	57		105	17:07
Runde	5.27	31:27	5:58	23	6:44	101	9:12	15.81	1:32:00	5:49	57		105	26:19
Runde	5.27	32:33	6:10	23	6:47	105	9:45	21.08	2:04:33	5:54	57		105	36:04
Runde	5.27	34:02	6:27	25	7:32	106	11:26	26.35	2:38:35	6:01	57		105	47:30
Runde	5.27	41:25	7:51	42	13:16	199	18:53	31.62	3:20:00	6:19	57		105	1:06:23
Runde	5.27	36:39	6:57	23	8:12	89	13:27	36.89	3:56:39	6:24	57		104	1:19:50
Runde	5.27	37:16	7:04	27	10:16	97	21:31	42.16	4:33:55	6:29	27	3:40:33	111	3:40:33