



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Bauhs, Henrik

Club: ich-liebe-ruegen
Number: 12

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:34:56

Speed: 9.17 km/h
Running performance: 6:31 min/km

Rank in course/Total: 115 (of 311)

Rank in course/Men: 108 (of 279)

Best time in course: 3:02:44

Rank in category: 24(of 62)

Best time in the category: 3:40:26

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	31:06	5:54	26	6:56	108	9:23	5.27	31:06	5:54	58		113	0:33
Runde	5.27	31:37	5:59	30	6:49	121	9:54	10.54	1:02:43	5:57	55		108	19:17
Runde	5.27	34:46	6:35	40	9:05	183	12:31	15.81	1:37:29	6:09	55		108	31:48
Runde	5.27	33:30	6:21	32	6:52	125	10:42	21.08	2:10:59	6:12	55		108	42:30
Runde	5.27	35:04	6:39	29	6:56	126	12:28	26.35	2:46:03	6:18	55		108	54:58
Runde	5.27	35:22	6:42	23	6:17	95	12:50	31.62	3:21:25	6:22	55		108	1:07:48
Runde	5.27	36:57	7:00	20	7:11	93	13:45	36.89	3:58:22	6:27	54		107	1:21:33
Runde	5.27	36:34	6:56	19	20:49	83	20:49	42.16	4:34:56	6:31	27	3:37:32	114	3:41:34