



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

Detailed evaluation

Niedzwetzki, Michael

Club: Berlin  
Number: 268

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:42:53

Speed: 8.94 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 132 (of 311)

Rank in course/Men: 124 (of 279)

Best time in course: 3:02:44

Rank in category: 33(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	28:50	5:28	13	4:40	58	7:07	5.27	28:50	5:28	5		129	
Runde	5.27	28:57	5:29	13	4:09	59	7:14	10.54	57:47	5:28	4		124	14:21
Runde	5.27	30:06	5:42	18	4:25	73	7:51	15.81	1:27:53	5:33	4		71	22:12
Runde	5.27	32:18	6:07	24	5:40	99	9:30	21.08	2:00:11	5:42	4		124	31:42
Runde	5.27	35:26	6:43	31	7:18	136	12:50	26.35	2:35:37	5:54	4		124	44:32
Runde	5.27	37:33	7:07	34	8:28	137	15:01	31.62	3:13:10	6:06	4		124	59:33
Runde	5.27	42:56	8:08	42	13:10	183	19:44	36.89	3:56:06	6:24	4		123	1:19:17
Runde	5.27	46:47	8:52	56	31:02	223	31:02	42.16	4:42:53	6:42	36	3:45:29	130	3:49:31