



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Backof, Rudolf

Club: LG Donau- Ries
Number: 8

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:43:12

Speed: 8.90 km/h
Running performance: 6:43 min/km

Rank in course/Total: 134 (of 311)

Rank in course/Men: 126 (of 279)

Best time in course: 3:02:44

Rank in category: 16(of 47)

Best time in the category: 3:29:07

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	32:05	6:05	17	6:50	142	10:22	5.27	32:05	6:05	40		131	1:32
Runde	5.27	32:47	6:13	19	7:46	145	11:04	10.54	1:04:52	6:09	40		126	21:26
Runde	5.27	34:30	6:32	26	8:28	173	12:15	15.81	1:39:22	6:17	40		126	33:41
Runde	5.27	34:35	6:33	19	8:39	147	11:47	21.08	2:13:57	6:21	40		126	45:28
Runde	5.27	35:17	6:41	18	8:58	130	12:41	26.35	2:49:14	6:25	40		126	58:09
Runde	5.27	36:11	6:51	15	8:54	108	13:39	31.62	3:25:25	6:29	40		126	1:11:48
Runde	5.27	38:42	7:20	20	11:03	125	15:30	36.89	4:04:07	6:37	40		125	1:27:18
Runde	5.27	39:05	7:24	19	13:27	131	23:20	42.16	4:43:12	6:43	16	1:14:05	132	3:49:50