



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Fischer, Michael

Club: TC FIKO Rostock
Number: 85

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:46:43

Speed: 8.79 km/h
Running performance: 6:48 min/km

Rank in course/Total: 150 (of 311)

Rank in course/Men: 140 (of 279)

Best time in course: 3:02:44

Rank in category: 19(of 33)

Best time in the category: 3:37:39

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	32:44	6:12	23	8:15	156	11:01	5.27	32:44	6:12	3		145	2:11
Runde	5.27	33:51	6:25	25	9:24	179	12:08	10.54	1:06:35	6:19	3		140	23:09
Runde	5.27	33:30	6:21	21	9:31	147	11:15	15.81	1:40:05	6:19	3		140	34:24
Runde	5.27	34:22	6:31	21	8:55	140	11:34	21.08	2:14:27	6:22	3		140	45:58
Runde	5.27	34:43	6:35	18	8:12	118	12:07	26.35	2:49:10	6:25	3		140	58:05
Runde	5.27	37:39	7:08	19	9:26	139	15:07	31.62	3:26:49	6:32	3		140	1:13:12
Runde	5.27	38:42	7:20	16	8:39	125	15:30	36.89	4:05:31	6:39	3		139	1:28:42
Runde	5.27	41:12	7:49	20	12:40	159	25:27	42.16	4:46:43	6:48	19	1:09:04	146	3:53:21