



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Reinhard-Miltz, Gerhard

Club: 100 Marathon Club
Number: 308

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:47:54

Speed: 8.75 km/h
Running performance: 6:50 min/km

Rank in course/Total: 151 (of 311)

Rank in course/Men: 141 (of 279)

Best time in course: 3:02:44

Rank in category: 6(of 15)

Best time in the category: 4:16:29

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	33:19	6:19	6	5:38	167	11:36	5.27	33:19	6:19	6	5:38	146	2:46
Runde	5.27	34:13	6:29	6	6:17	184	12:30	10.54	1:07:32	6:24	6	11:55	141	24:06
Runde	5.27	35:38	6:45	7	7:07	192	13:23	15.81	1:43:10	6:31	6	19:02	141	37:29
Runde	5.27	36:53	6:59	7	7:16	192	14:05	21.08	2:20:03	6:38	6	26:18	141	51:34
Runde	5.27	36:04	6:50	6	5:57	145	13:28	26.35	2:56:07	6:41	6	30:15	141	1:05:02
Runde	5.27	37:10	7:03	5	4:54	128	14:38	31.62	3:33:17	6:44	6	30:15	141	1:19:40
Runde	5.27	36:55	7:00	3	0:58	92	13:43	36.89	4:10:12	6:46	6	29:54	140	1:33:23
Runde	5.27	37:42	7:09	4	1:31	106	21:57	42.16	4:47:54	6:49	6	31:25	147	3:54:32