



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Singer, Stefan

Club: Diedorf

Number: 376

Course: 42.16 km

Marathon

Category:

Männer M45

Total time: 4:48:13

Speed: 8.78 km/h

Running performance: 6:50 min/km

Rank in course/Total: 154 (of 311)

Rank in course/Men: 144 (of 279)

Best time in course: 3:02:44

Rank in category: 38(of 62)

Best time in the category: 3:40:26

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	32:50	6:13	40	8:40	162	11:07	5.27	32:50	6:13	10	0:17	150	2:17
Runde	5.27	33:30	6:21	39	8:42	167	11:47	10.54	1:06:20	6:17	9	0:25	145	22:54
Runde	5.27	34:38	6:34	38	8:57	176	12:23	15.81	1:40:58	6:23	9		145	35:17
Runde	5.27	35:10	6:40	38	8:32	164	12:22	21.08	2:16:08	6:27	9		145	47:39
Runde	5.27	37:25	7:05	41	9:17	171	14:49	26.35	2:53:33	6:35	9		93	1:02:28
Runde	5.27	38:03	7:13	39	8:58	149	15:31	31.62	3:31:36	6:41	9		145	1:17:59
Runde	5.27	38:55	7:23	32	9:09	134	15:43	36.89	4:10:31	6:47	9		144	1:33:42
Runde	5.27	37:42	7:09	27	21:57	106	21:57	42.16	4:48:13	6:50	41	3:50:49	150	3:54:51