



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Liebisch, Ralf**

Club: TSV 1896 Wildenbörten  
Number: 216

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 4:49:18

Speed: 8.71 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 158 (of 311)

Rank in course/Men: 148 (of 279)

Best time in course: 3:02:44

Rank in category: 20(of 33)

Best time in the category: 3:37:39

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	29:52	5:40	15	5:23	76	8:09	5.27	29:52	5:40	4		153	
Runde	5.27	30:04	5:42	14	5:37	81	8:21	10.54	59:56	5:41	4		148	16:30
Runde	5.27	30:08	5:43	13	6:09	75	7:53	15.81	1:30:04	5:41	4		148	24:23
Runde	5.27	31:14	5:55	13	5:47	79	8:26	21.08	2:01:18	5:45	4		148	32:49
Runde	5.27	35:39	6:45	21	9:08	140	13:03	26.35	2:36:57	5:57	4		148	45:52
Runde	5.27	41:06	7:47	27	12:53	192	18:34	31.62	3:18:03	6:15	4		148	1:04:26
Runde	5.27	44:54	8:31	26	14:51	204	21:42	36.89	4:02:57	6:35	4		147	1:26:08
Runde	5.27	46:21	8:47	26	17:49	214	30:36	42.16	4:49:18	6:51	20	1:11:39	154	3:55:56