



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Boach, Christian

Club: Tri-Geckos Dortmund
Number: 31

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:52:15

Speed: 8.62 km/h
Running performance: 6:56 min/km

Rank in course/Total: 164 (of 311)

Rank in course/Men: 154 (of 279)

Best time in course: 3:02:44

Rank in category: 22(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	31:17	5:56	18	6:48	114	9:34	5.27	31:17	5:56	6		159	0:44
Runde	5.27	33:07	6:17	22	8:40	154	11:24	10.54	1:04:24	6:06	6		154	20:58
Runde	5.27	33:09	6:17	20	9:10	140	10:54	15.81	1:37:33	6:10	6		154	31:52
Runde	5.27	34:47	6:36	23	9:20	153	11:59	21.08	2:12:20	6:16	6		154	43:51
Runde	5.27	35:52	6:48	22	9:21	143	13:16	26.35	2:48:12	6:22	6		154	57:07
Runde	5.27	38:14	7:15	20	10:01	151	15:42	31.62	3:26:26	6:31	6		154	1:12:49
Runde	5.27	42:49	8:07	23	12:46	179	19:37	36.89	4:09:15	6:45	6		153	1:32:26
Runde	5.27	43:00	8:09	22	14:28	171	27:15	42.16	4:52:15	6:55	22	1:14:36	160	3:58:53