



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

De Iulio, Michael

Club: USA

Number: 51

Course: 42.16 km
Marathon

Category:

Männer M45

Total time: 4:55:34

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 176 (of 311)

Rank in course/Men: 164 (of 279)

Best time in course: 3:02:44

Rank in category: 40(of 62)

Best time in the category: 3:40:26

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	34:31	6:32	49	10:21	196	12:48	5.27	34:31	6:32	13	1:58	171	3:58
Runde	5.27	35:03	6:39	43	10:15	196	13:20	10.54	1:09:34	6:36	12	3:39	166	26:08
Runde	5.27	35:25	6:43	41	9:44	191	13:10	15.81	1:44:59	6:38	12	2:57	166	39:18
Runde	5.27	36:37	6:56	42	9:59	185	13:49	21.08	2:21:36	6:43	12	1:41	166	53:07
Runde	5.27	37:08	7:02	39	9:00	166	14:32	26.35	2:58:44	6:46	12		166	1:07:39
Runde	5.27	38:37	7:19	40	9:32	158	16:05	31.62	3:37:21	6:52	12		166	1:23:44
Runde	5.27	39:55	7:34	35	10:09	148	16:43	36.89	4:17:16	6:58	12		165	1:40:27
Runde	5.27	38:18	7:16	31	22:33	119	22:33	42.16	4:55:34	7:00	43	3:58:10	170	4:02:12