



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Beintner, Markus

Club: Spirit of Ticino
Number: 22

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:02:24

Speed: 8.33 km/h
Running performance: 7:10 min/km

Rank in course/Total: 190 (of 311)

Rank in course/Men: 177 (of 279)

Best time in course: 3:02:44

Rank in category: 40(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	37:30	7:06	54	14:44	241	15:47	5.27	37:30	7:06	10	4:53	182	6:57
Runde	5.27	37:21	7:05	52	13:40	233	15:38	10.54	1:14:51	7:06	10	9:50	177	31:25
Runde	5.27	37:03	7:01	51	12:20	221	14:48	15.81	1:51:54	7:04	10	12:24	177	46:13
Runde	5.27	37:08	7:02	44	11:22	196	14:20	21.08	2:29:02	7:04	10	11:47	177	1:00:33
Runde	5.27	37:44	7:09	37	11:14	174	15:08	26.35	3:06:46	7:05	10	6:48	177	1:15:41
Runde	5.27	37:11	7:03	30	9:02	130	14:39	31.62	3:43:57	7:04	10		177	1:30:20
Runde	5.27	39:23	7:28	31	10:56	138	16:11	36.89	4:23:20	7:08	10		176	1:46:31
Runde	5.27	39:04	7:24	31	12:04	130	23:19	42.16	5:02:24	7:10	41	4:09:02	183	4:09:02