



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Nolte, Christoph

Club: Martinsried
Number: 273

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:02:53

Speed: 8.35 km/h
Running performance: 7:11 min/km

Rank in course/Total: 192 (of 311)

Rank in course/Men: 178 (of 279)

Best time in course: 3:02:44

Rank in category: 26(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	38:46	7:21	33	14:17	258	17:03	5.27	38:46	7:21	1	-	3	8:13
Runde	5.27	35:50	6:47	28	11:23	210	14:07	10.54	1:14:36	7:04	1	-	179	31:10
Runde	5.27	35:24	6:43	25	11:25	188	13:09	15.81	1:50:00	6:57	1	-	179	44:19
Runde	5.27	36:12	6:52	25	10:45	180	13:24	21.08	2:26:12	6:56	1	-	179	57:43
Runde	5.27	36:54	7:00	24	10:23	164	14:18	26.35	3:03:06	6:56	1	-	179	1:12:01
Runde	5.27	39:27	7:29	25	11:14	172	16:55	31.62	3:42:33	7:02	1	-	179	1:28:56
Runde	5.27	39:28	7:29	18	9:25	140	16:16	36.89	4:22:01	7:06	1	-	178	1:45:12
Runde	5.27	40:52	7:45	19	12:20	154	25:07	42.16	5:02:53	7:11	26	1:25:14	184	4:09:31