



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Wiekert, Steffen

Club: Sargstedt
Number: 430

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 5:08:28

Speed: 8.17 km/h
Running performance: 7:19 min/km

Rank in course/Total: 204 (of 311)

Rank in course/Men: 189 (of 279)

Best time in course: 3:02:44

Rank in category: 29(of 35)

Best time in the category: 3:26:19

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	37:29	7:06	34	14:08	239	15:46	5.27	37:29	7:06	13	3:17	195	6:56
Runde	5.27	35:48	6:47	31	11:12	209	14:05	10.54	1:13:17	6:57	12	8:38	190	29:51
Runde	5.27	36:04	6:50	31	11:16	198	13:49	15.81	1:49:21	6:54	12	7:38	190	43:40
Runde	5.27	37:11	7:03	32	11:40	197	14:23	21.08	2:26:32	6:57	12	6:54	190	58:03
Runde	5.27	39:09	7:25	27	13:05	196	16:33	26.35	3:05:41	7:02	12	5:54	190	1:14:36
Runde	5.27	39:24	7:28	25	13:05	170	16:52	31.62	3:45:05	7:07	12	2:26	190	1:31:28
Runde	5.27	39:54	7:34	22	12:48	145	16:42	36.89	4:24:59	7:10	12		189	1:48:10
Runde	5.27	43:29	8:15	24	16:51	180	27:44	42.16	5:08:28	7:18	30	4:06:45	195	4:15:06