



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

Detailed evaluation

Sir, Axel

Club: Flotters
Number: 379

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:12:05

Speed: 8.07 km/h
Running performance: 7:24 min/km

Rank in course/Total: 214 (of 311)

Rank in course/Men: 198 (of 279)

Best time in course: 3:02:44

Rank in category: 29(of 47)

Best time in the category: 3:29:07

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	32:23	6:08	18	7:08	148	10:40	5.27	32:23	6:08	6		204	1:50
Runde	5.27	32:23	6:08	17	7:22	135	10:40	10.54	1:04:46	6:08	6		199	21:20
Runde	5.27	34:40	6:34	27	8:38	178	12:25	15.81	1:39:26	6:17	6		199	33:45
Runde	5.27	36:42	6:57	29	10:46	187	13:54	21.08	2:16:08	6:27	6		145	47:39
Runde	5.27	41:54	7:57	40	15:35	231	19:18	26.35	2:58:02	6:45	6		199	1:06:57
Runde	5.27	43:26	8:14	37	16:09	226	20:54	31.62	3:41:28	7:00	6		199	1:27:51
Runde	5.27	46:03	8:44	32	18:24	215	22:51	36.89	4:27:31	7:15	6		198	1:50:42
Runde	5.27	44:34	8:27	30	18:56	194	28:49	42.16	5:12:05	7:24	29	1:42:58	204	4:18:43