



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Staack, Andreas

Club: Henstedt-Ülzburg
Number: 386

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:32:48

Speed: 7.57 km/h
Running performance: 7:53 min/km

Rank in course/Total: 253 (of 311)

Rank in course/Men: 232 (of 279)

Best time in course: 3:02:44

Rank in category: 39(of 47)

Best time in the category: 3:29:07

| 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 | 38:34 | 7:19 | 42 | 13:19 | 255 | 16:51 | 5.27 | 38:34 | 7:19 | 16 | 5:45 | 238 | 8:01 |
| Runde | 5.27 | 41:04 | 7:47 | 47 | 16:03 | 273 | 19:21 | 10.54 | 1:19:38 | 7:33 | 16 | 11:52 | 233 | 36:12 |
| Runde | 5.27 | 40:18 | 7:38 | 46 | 14:16 | 264 | 18:03 | 15.81 | 1:59:56 | 7:35 | 16 | 15:54 | 233 | 54:15 |
| Runde | 5.27 | 40:43 | 7:43 | 41 | 14:47 | 247 | 17:55 | 21.08 | 2:40:39 | 7:37 | 16 | 18:12 | 233 | 1:12:10 |
| Runde | 5.27 | 41:53 | 7:56 | 39 | 15:34 | 230 | 19:17 | 26.35 | 3:22:32 | 7:41 | 16 | 14:11 | 233 | 1:31:27 |
| Runde | 5.27 | 43:00 | 8:09 | 36 | 15:43 | 221 | 20:28 | 31.62 | 4:05:32 | 7:45 | 16 | 10:45 | 233 | 1:51:55 |
| Runde | 5.27 | 42:55 | 8:08 | 28 | 15:16 | 182 | 19:43 | 36.89 | 4:48:27 | 7:49 | 16 | 6:04 | 232 | 2:11:38 |
| Runde | 5.27 | 44:21 | 8:24 | 29 | 18:43 | 193 | 28:36 | 42.16 | 5:32:48 | 7:53 | 39 | 2:03:41 | 238 | 4:39:26 |