



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

Schachtsiek, Ingo

Club: Laufspass SW Sende  
Number: 328

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 5:36:35

Speed: 7.52 km/h  
Running performance: 7:59 min/km

Rank in course/Total: 265 (of 311)

Rank in course/Men: 242 (of 279)

Best time in course: 3:02:44

Rank in category: 53(of 62)

Best time in the category: 3:33:30

## Intermediate times

## Stage score

## Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde   | 5.27        | 35:17         | 6:41            | 49          | 12:31          | 211        | 13:34         | 5.27        | 35:17         | 6:41            | 23          | 2:40           | 239        | 4:44          |
| Runde   | 5.27        | 33:34         | 6:22            | 40          | 9:53           | 172        | 11:51         | 10.54       | 1:08:51       | 6:31            | 23          | 3:50           | 243        | 25:25         |
| Runde   | 5.27        | 34:22         | 6:31            | 38          | 9:39           | 170        | 12:07         | 15.81       | 1:43:13       | 6:31            | 23          | 3:43           | 243        | 37:32         |
| Runde   | 5.27        | 37:46         | 7:09            | 48          | 12:00          | 206        | 14:58         | 21.08       | 2:20:59       | 6:41            | 23          | 3:44           | 243        | 52:30         |
| Runde   | 5.27        | 43:32         | 8:15            | 56          | 17:02          | 249        | 20:56         | 26.35       | 3:04:31       | 7:00            | 23          | 4:33           | 243        | 1:13:26       |
| Runde   | 5.27        | 50:24         | 9:33            | 60          | 22:15          | 267        | 27:52         | 31.62       | 3:54:55       | 7:25            | 23          | 10:38          | 243        | 1:41:18       |
| Runde   | 5.27        | 51:25         | 9:45            | 59          | 22:58          | 257        | 28:13         | 36.89       | 4:46:20       | 7:45            | 23          | 14:41          | 242        | 2:09:31       |
| Runde   | 5.27        | 50:15         | 9:32            | 55          | 23:15          | 256        | 34:30         | 42.16       | 5:36:35       | 7:59            | 54          | 4:43:13        | 248        | 4:43:13       |