



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Pachura, Frank**

Club: Laufen-in-Dortmund.de  
Number: 279

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 5:42:30

Speed: 7.36 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 274 (of 311)

Rank in course/Men: 251 (of 279)

Best time in course: 3:02:44

Rank in category: 58(of 62)

Best time in the category: 3:40:26

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Men	Men	km				
Runde	5.27	38:57	7:23	61	14:47	262	17:14	5.27	38:57	7:23	30	6:24	257	8:24
Runde	5.27	40:47	7:44	59	15:59	269	19:04	10.54	1:19:44	7:33	29	13:49	252	36:18
Runde	5.27	40:32	7:41	60	14:51	267	18:17	15.81	2:00:16	7:36	29	18:14	252	54:35
Runde	5.27	41:03	7:47	56	14:25	253	18:15	21.08	2:41:19	7:39	29	21:24	252	1:12:50
Runde	5.27	44:44	8:29	58	16:36	254	22:08	26.35	3:26:03	7:49	29	26:32	252	1:34:58
Runde	5.27	44:05	8:21	54	15:00	230	21:33	31.62	4:10:08	7:54	29	28:53	252	1:56:31
Runde	5.27	46:37	8:50	53	16:51	218	23:25	36.89	4:56:45	8:02	29	31:48	251	2:19:56
Runde	5.27	45:45	8:40	53	30:00	209	30:00	42.16	5:42:30	8:07	61	4:45:06	257	4:49:08