



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Nikisch, Frank

Club: LC Auensee Leipzig
Number: 271

Course: 42.16 km
Marathon

Category:
Männer M60

Total time: 5:45:07

Speed: 7.30 km/h
Running performance: 8:11 min/km

Rank in course/Total: 279 (of 311)

Rank in course/Men: 256 (of 279)

Best time in course: 3:02:44

Rank in category: 4(of 5)

Best time in the category: 3:29:49

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	38:14	7:15	3	11:29	247	16:31	5.27	38:14	7:15	5		219	7:41
Runde	5.27	37:53	7:11	3	12:39	244	16:10	10.54	1:16:07	7:13	4	24:08	257	32:41
Runde	5.27	38:27	7:17	3	13:29	245	16:12	15.81	1:54:34	7:14	4	37:37	257	48:53
Runde	5.27	41:28	7:52	4	15:45	256	18:40	21.08	2:36:02	7:24	4	53:22	257	1:07:33
Runde	5.27	43:33	8:15	4	16:59	250	20:57	26.35	3:19:35	7:34	4	1:10:21	257	1:28:30
Runde	5.27	45:59	8:43	4	19:01	247	23:27	31.62	4:05:34	7:45	4	1:29:22	257	1:51:57
Runde	5.27	49:58	9:28	4	22:59	250	26:46	36.89	4:55:32	8:00	4	1:52:21	256	2:18:43
Runde	5.27	49:35	9:24	5	22:57	250	33:50	42.16	5:45:07	8:11	5	4:17:33	262	4:51:45