



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Anhelm, Dirk

Total time: 5:55:06

Club: HelmutSchmidtUniversität Uni Bw Hamburg
Number: 7

Speed: 7.12 km/h
Running performance: 8:25 min/km

Course: 42.16 km
Marathon

Rank in course/Total: 289 (of 311)

Rank in course/Men: 265 (of 279)

Best time in course: 3:02:44

Category:
Männer M20

Rank in category: 18(of 19)

Best time in the category: 3:02:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	37:10	7:03	15	15:27	233	15:27	5.27	37:10	7:03	3	2:55	271	6:37
Runde	5.27	37:40	7:08	15	15:57	239	15:57	10.54	1:14:50	7:05	3	7:21	219	31:24
Runde	5.27	40:30	7:41	17	18:15	266	18:15	15.81	1:55:20	7:17	3	15:46	266	49:39
Runde	5.27	41:44	7:55	18	18:56	265	18:56	21.08	2:37:04	7:27	3	24:35	266	1:08:35
Runde	5.27	45:04	8:33	16	22:28	259	22:28	26.35	3:22:08	7:40	3	34:47	266	1:31:03
Runde	5.27	49:38	9:25	16	27:06	260	27:06	31.62	4:11:46	7:57	3	47:08	266	1:58:09
Runde	5.27	52:06	9:53	18	28:54	263	28:54	36.89	5:03:52	8:14	3	56:20	265	2:27:03
Runde	5.27	51:14	9:43	17	25:19	262	35:29	42.16	5:55:06	8:25	18	2:52:22	271	5:01:44