



10. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Sladkowski, Joerg

Club: Potsdam  
Number: 381

Course: 42.16 km  
Marathon

Category:  
Männer M50

Total time: 6:07:53

Speed: 6.85 km/h  
Running performance: 8:44 min/km

Rank in course/Total: 301 (of 311)

Rank in course/Men: 273 (of 279)

Best time in course: 3:02:44

Rank in category: 47(of 47)

Best time in the category: 3:29:07

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	39:37	7:31	46	14:22	272	17:54	5.27	39:37	7:31	24	6:48	279	9:04
Runde	5.27	39:31	7:29	43	14:30	259	17:48	10.54	1:19:08	7:30	24	11:22	274	35:42
Runde	5.27	41:48	7:55	47	15:46	272	19:33	15.81	2:00:56	7:38	24	16:54	274	55:15
Runde	5.27	44:16	8:23	46	18:20	272	21:28	21.08	2:45:12	7:50	24	22:45	274	1:16:43
Runde	5.27	48:47	9:15	46	22:28	271	26:11	26.35	3:33:59	8:07	24	25:38	274	1:42:54
Runde	5.27	51:37	9:47	47	24:20	271	29:05	31.62	4:25:36	8:23	24	30:49	274	2:11:59
Runde	5.27	52:23	9:56	45	24:44	265	29:11	36.89	5:17:59	8:37	24	35:36	273	2:41:10
Runde	5.27	49:54	9:28	40	24:16	254	34:09	42.16	6:07:53	8:43	47	2:38:46	279	5:14:31