



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Held, Matthias

Club: sc impuls erfurt
Number: 131

Course: 31.62 km
3/4 Marathon

Category:
Männer M40

Total time: 3:14:32

Speed: 9.75 km/h
Running performance: 6:09 min/km

Rank in course/Total: 2 (of 23)

Rank in course/Men: 2 (of 22)

Best time in course: 2:46:55

Rank in category: 1(of 6)

Best time in the category: 3:14:32

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	28:15	5:21	2	2:58	3	2:58	5.27	28:15	5:21	1	-	22	
Runde	5.27	30:21	5:45	2	2:59	3	3:32	10.54	58:36	5:33	1	-	22	
Runde	5.27	30:06	5:42	2	1:05	3	3:14	15.81	1:28:42	5:36	1	-	22	
Runde	5.27	30:24	5:46	1	-	2	2:28	21.08	1:59:06	5:38	1	-	22	
Runde	5.27	31:52	6:02	1	-	2	3:33	26.35	2:30:58	5:43	1	-	22	
Runde	5.27	43:34	8:16	3	3:55	9	12:26	31.62	3:14:32	6:09	1	-	2	27:37