



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

Detailed evaluation

Bechler, Ralf

Club: Rennsteiglaufverein
Number: 14

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:16:15

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 3 (of 23)

Rank in course/Men: 3 (of 22)

Best time in course: 2:46:55

Rank in category: 1(of 6)

Best time in the category: 3:16:15

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Runde | 5.27 | 30:26 | 5:46 | 1 | - | 5 | 5:09 | 5.27 | 30:26 | 5:46 | 1 | - | 21 | | |
| Runde | 5.27 | 30:46 | 5:50 | 1 | - | 4 | 3:57 | 10.54 | 1:01:12 | 5:48 | 1 | - | 21 | | |
| Runde | 5.27 | 30:26 | 5:46 | 1 | - | 4 | 3:34 | 15.81 | 1:31:38 | 5:47 | 1 | - | 21 | | |
| Runde | 5.27 | 31:04 | 5:53 | 1 | - | 3 | 3:08 | 21.08 | 2:02:42 | 5:49 | 1 | - | 21 | | |
| Runde | 5.27 | 33:24 | 6:20 | 1 | - | 3 | 5:05 | 26.35 | 2:36:06 | 5:55 | 1 | - | 21 | | |
| Runde | 5.27 | 40:09 | 7:37 | 1 | - | 4 | 9:01 | 31.62 | 3:16:15 | 6:12 | 1 | - | 3 | 29:20 | |