



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

Detailed evaluation

Amborn, Ulrich

Club: LG Offenbach
Number: 4

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 3:29:07

Speed: 12.05 km/h
Running performance: 4:58 min/km

Rank in course/Total: 3 (of 311)

Rank in course/Men: 3 (of 279)

Best time in course: 3:02:44

Rank in category: 1(of 47)

Best time in the category: 3:29:07

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	25:15	4:47	1	-	16	3:32	5.27	25:15	4:47	37		8	
Runde	5.27	25:01	4:44	1	-	12	3:18	10.54	50:16	4:46	37		3	6:50
Runde	5.27	26:02	4:56	1	-	14	3:47	15.81	1:16:18	4:49	37		3	10:37
Runde	5.27	25:56	4:55	1	-	8	3:08	21.08	1:42:14	4:50	37		3	13:45
Runde	5.27	26:19	4:59	1	-	4	3:43	26.35	2:08:33	4:52	37		3	17:28
Runde	5.27	27:17	5:10	1	-	5	4:45	31.62	2:35:50	4:55	37		3	22:13
Runde	5.27	27:39	5:14	1	-	4	4:27	36.89	3:03:29	4:58	37		3	26:40
Runde	5.27	25:38	4:51	1	-	2	9:53	42.16	3:29:07	4:57	1	-	8	2:35:45