



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

Detailed evaluation

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Club: Flotters  
Number: 60

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M40

Total time: 3:25:38

Speed: 9.23 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 5 (of 23)

Rank in course/Men: 5 (of 22)

Best time in course: 2:46:55

Rank in category: 3(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	32:53	6:14	5	7:36	10	7:36	5.27	32:53	6:14	3	4:38	19	
Runde	5.27	31:37	5:59	3	4:15	5	4:48	10.54	1:04:30	6:07	3	5:54	19	
Runde	5.27	32:13	6:06	3	3:12	5	5:21	15.81	1:36:43	6:07	3	8:01	19	
Runde	5.27	32:56	6:14	3	2:32	5	5:00	21.08	2:09:39	6:09	3	10:33	19	
Runde	5.27	36:20	6:53	2	4:28	5	8:01	26.35	2:45:59	6:17	3	15:01	19	
Runde	5.27	39:39	7:31	1	-	3	8:31	31.62	3:25:38	6:30	3	11:06	5	38:43