



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

Detailed evaluation

wallat, Dominik

Club: Bodenwerder
Number: 420

Course: 31.62 km
3/4 Marathon

Category:
Männer M30

Total time: 3:44:05

Speed: 8.47 km/h
Running performance: 7:05 min/km

Rank in course/Total: 15 (of 23)

Rank in course/Men: 15 (of 22)

Best time in course: 2:46:55

Rank in category: 2(of 2)

Best time in the category: 3:42:06

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	28:30	5:24	1	-	4	3:13	5.27	28:30	5:24	2		9	
Runde	5.27	33:39	6:23	1	-	14	6:50	10.54	1:02:09	5:53	2		9	
Runde	5.27	32:26	6:09	1	-	6	5:34	15.81	1:34:35	5:58	2		9	
Runde	5.27	34:03	6:27	1	-	6	6:07	21.08	2:08:38	6:06	2		9	
Runde	5.27	43:15	8:12	2	4:17	19	14:56	26.35	2:51:53	6:31	2		9	
Runde	5.27	52:12	9:54	2	7:45	20	21:04	31.62	3:44:05	7:05	2	1:59	15	57:10