



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Laufer, Mathias

Club: TG Gross-Karben
Number: 212

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:44:15

Speed: 8.29 km/h
Running performance: 7:05 min/km

Rank in course/Total: 16 (of 23)

Rank in course/Men: 16 (of 22)

Best time in course: 2:46:55

Rank in category: 4(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			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Runde	5.27	34:17	6:30	4	3:51	14	9:00	5.27	34:17	6:30	4	3:51	8	0:42
Runde	5.27	34:31	6:32	4	3:45	16	7:42	10.54	1:08:48	6:31	4	7:36	8	1:28
Runde	5.27	34:57	6:37	4	4:31	16	8:05	15.81	1:43:45	6:33	4	12:07	8	2:55
Runde	5.27	34:34	6:33	2	3:30	9	6:38	21.08	2:18:19	6:33	4	15:37	8	
Runde	5.27	36:18	6:53	2	2:54	4	7:59	26.35	2:54:37	6:37	4	18:31	8	
Runde	5.27	49:38	9:25	4	9:29	15	18:30	31.62	3:44:15	7:05	4	28:00	16	57:20