



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

Detailed evaluation

Tochtermann, Achim

Club: DVAG-Marathon-Team
Number: 406

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:47:32

Speed: 11.08 km/h
Running performance: 5:24 min/km

Rank in course/Total: 16 (of 311)

Rank in course/Men: 16 (of 279)

Best time in course: 3:02:44

Rank in category: 4(of 62)

Best time in the category: 3:33:30

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	25:13	4:47	5	2:27	15	3:30	5.27	25:13	4:47	36		21	
Runde	5.27	25:20	4:48	5	1:39	18	3:37	10.54	50:33	4:47	35		16	7:07
Runde	5.27	26:16	4:59	5	1:33	18	4:01	15.81	1:16:49	4:51	35		13	11:08
Runde	5.27	27:26	5:12	4	1:40	18	4:38	21.08	1:44:15	4:56	35		16	15:46
Runde	5.27	28:21	5:22	4	1:51	16	5:45	26.35	2:12:36	5:01	35		16	21:31
Runde	5.27	29:23	5:34	3	1:14	17	6:51	31.62	2:41:59	5:07	35		16	28:22
Runde	5.27	31:31	5:58	4	3:04	25	8:19	36.89	3:13:30	5:14	35		16	36:41
Runde	5.27	34:02	6:27	12	7:02	55	18:17	42.16	3:47:32	5:23	5	2:54:10	21	2:54:10