



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Misera, Silvio

Club: Rennschnecken Cottbus
Number: 251

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:52:24

Speed: 10.84 km/h
Running performance: 5:31 min/km

Rank in course/Total: 22 (of 311)

Rank in course/Men: 22 (of 279)

Best time in course: 3:02:44

Rank in category: 5(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	28:01	5:18	11	5:15	46	6:18	5.27	28:01	5:18	37		28	
Runde	5.27	29:19	5:33	16	5:38	66	7:36	10.54	57:20	5:26	36		23	13:54
Runde	5.27	28:11	5:20	11	3:28	37	5:56	15.81	1:25:31	5:24	36		23	19:50
Runde	5.27	27:41	5:15	5	1:55	21	4:53	21.08	1:53:12	5:22	36		23	24:43
Runde	5.27	28:35	5:25	5	2:05	18	5:59	26.35	2:21:47	5:22	36		23	30:42
Runde	5.27	30:22	5:45	6	2:13	26	7:50	31.62	2:52:09	5:26	36		23	38:32
Runde	5.27	30:30	5:47	3	2:03	16	7:18	36.89	3:22:39	5:29	36		22	45:50
Runde	5.27	29:45	5:38	3	2:45	12	14:00	42.16	3:52:24	5:30	6	2:59:02	28	2:59:02