



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Tschöke, Tobias

Club: Heidelberg
Number: 412

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:52:27

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

Rank in course/Total: 23 (of 311)

Rank in course/Men: 23 (of 279)

Best time in course: 3:02:44

Rank in category: 6(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	30:00	5:41	18	7:14	79	8:17	5.27	30:00	5:41	38		29	
Runde	5.27	27:00	5:07	8	3:19	29	5:17	10.54	57:00	5:24	37		24	13:34
Runde	5.27	27:47	5:16	8	3:04	30	5:32	15.81	1:24:47	5:21	37		24	19:06
Runde	5.27	28:19	5:22	8	2:33	27	5:31	21.08	1:53:06	5:21	37		24	24:37
Runde	5.27	28:45	5:27	6	2:15	20	6:09	26.35	2:21:51	5:22	37		24	30:46
Runde	5.27	29:43	5:38	4	1:34	18	7:11	31.62	2:51:34	5:25	37		24	37:57
Runde	5.27	29:57	5:40	2	1:30	11	6:45	36.89	3:21:31	5:27	37		23	44:42
Runde	5.27	30:56	5:52	5	3:56	23	15:11	42.16	3:52:27	5:30	7	2:59:05	29	2:59:05