



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Nickolaus, Holger

Club: LG Rhein-Wied
Number: 267

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:05:50

Speed: 10.25 km/h
Running performance: 5:50 min/km

Rank in course/Total: 46 (of 311)

Rank in course/Men: 43 (of 279)

Best time in course: 3:02:44

Rank in category: 6(of 62)

Best time in the category: 3:40:26

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	28:07	5:20	9	3:57	50	6:24	5.27	28:07	5:20	40		49	
Runde	5.27	28:51	5:28	12	4:03	55	7:08	10.54	56:58	5:24	37		44	13:32
Runde	5.27	29:16	5:33	10	3:35	50	7:01	15.81	1:26:14	5:27	37		44	20:33
Runde	5.27	29:52	5:40	9	3:14	51	7:04	21.08	1:56:06	5:30	37		44	27:37
Runde	5.27	30:39	5:48	6	2:31	43	8:03	26.35	2:26:45	5:34	37		44	35:40
Runde	5.27	31:48	6:02	6	2:43	46	9:16	31.62	2:58:33	5:38	37		44	44:56
Runde	5.27	33:57	6:26	8	4:11	50	10:45	36.89	3:32:30	5:45	36		43	55:41
Runde	5.27	33:20	6:19	10	17:35	47	17:35	42.16	4:05:50	5:49	9	3:08:26	49	3:12:28