



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Roth, Georg

Club: cw-running
Number: 318

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:06:02

Speed: 10.24 km/h
Running performance: 5:50 min/km

Rank in course/Total: 48 (of 311)

Rank in course/Men: 45 (of 279)

Best time in course: 3:02:44

Rank in category: 7(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	28:18	5:22	10	4:08	53	6:35	5.27	28:18	5:22	41		51	
Runde	5.27	28:14	5:21	7	3:26	43	6:31	10.54	56:32	5:21	38		46	13:06
Runde	5.27	28:13	5:21	5	2:32	38	5:58	15.81	1:24:45	5:21	38		46	19:04
Runde	5.27	28:38	5:25	4	2:00	31	5:50	21.08	1:53:23	5:22	38		46	24:54
Runde	5.27	30:39	5:48	6	2:31	43	8:03	26.35	2:24:02	5:27	38		46	32:57
Runde	5.27	32:15	6:07	8	3:10	53	9:43	31.62	2:56:17	5:34	38		46	42:40
Runde	5.27	34:51	6:36	14	5:05	63	11:39	36.89	3:31:08	5:43	37		45	54:19
Runde	5.27	34:54	6:37	15	19:09	65	19:09	42.16	4:06:02	5:50	10	3:08:38	51	3:12:40