



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Rauch, Johannes

Club: Aschaffenburg
Number: 306

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:08:12

Speed: 10.15 km/h
Running performance: 5:53 min/km

Rank in course/Total: 53 (of 311)

Rank in course/Men: 49 (of 279)

Best time in course: 3:02:44

Rank in category: 11(of 33)

Best time in the category: 3:37:39

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	26:50	5:05	9	2:21	35	5:07	5.27	26:50	5:05	24		55	
Runde	5.27	28:18	5:22	10	3:51	44	6:35	10.54	55:08	5:13	24		50	11:42
Runde	5.27	28:08	5:20	8	4:09	36	5:53	15.81	1:23:16	5:16	24		50	17:35
Runde	5.27	29:15	5:33	7	3:48	41	6:27	21.08	1:52:31	5:20	24		50	24:02
Runde	5.27	30:49	5:50	9	4:18	49	8:13	26.35	2:23:20	5:26	24		50	32:15
Runde	5.27	33:43	6:23	12	5:30	73	11:11	31.62	2:57:03	5:35	24		50	43:26
Runde	5.27	33:32	6:21	9	3:29	46	10:20	36.89	3:30:35	5:42	24		49	53:46
Runde	5.27	37:37	7:08	13	9:05	103	21:52	42.16	4:08:12	5:53	11	30:33	55	3:14:50