



10. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

federolf, jürgen

Club: sc marktbreit  
Number: 79

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M50

Total time: 4:08:45

Speed: 7.48 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 20 (of 23)

Rank in course/Men: 20 (of 22)

Best time in course: 2:46:55

Rank in category: 6(of 6)

Best time in the category: 3:33:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	37:13	7:03	5	6:29	21	11:56	5.27	37:13	7:03	6	1:55	4	3:38
Runde	5.27	38:40	7:20	6	6:42	22	11:51	10.54	1:15:53	7:11	6	7:07	4	8:33
Runde	5.27	39:12	7:26	6	6:02	21	12:20	15.81	1:55:05	7:16	6	12:07	4	14:15
Runde	5.27	40:47	7:44	6	5:24	19	12:51	21.08	2:35:52	7:23	6	17:16	4	17:11
Runde	5.27	42:31	8:04	6	5:46	18	14:12	26.35	3:18:23	7:31	6	23:02	4	20:44
Runde	5.27	50:22	9:33	6	11:49	16	19:14	31.62	4:08:45	7:52	6	34:51	20	1:21:50