



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

Detailed evaluation

Labitzke, Stefan

Club: Nürnberg
Number: 208

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:09:34

Speed: 10.14 km/h
Running performance: 5:55 min/km

Rank in course/Total: 56 (of 311)

Rank in course/Men: 52 (of 279)

Best time in course: 3:02:44

Rank in category: 9(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	28:04	5:19	7	3:54	47	6:21	5.27	28:04	5:19	43		58	
Runde	5.27	28:28	5:24	10	3:40	48	6:45	10.54	56:32	5:21	38		46	13:06
Runde	5.27	29:16	5:33	10	3:35	50	7:01	15.81	1:25:48	5:25	40		53	20:07
Runde	5.27	29:59	5:41	10	3:21	54	7:11	21.08	1:55:47	5:29	40		53	27:18
Runde	5.27	31:30	5:58	10	3:22	58	8:54	26.35	2:27:17	5:35	40		53	36:12
Runde	5.27	33:06	6:16	12	4:01	62	10:34	31.62	3:00:23	5:42	40		43	46:46
Runde	5.27	34:30	6:32	12	4:44	61	11:18	36.89	3:34:53	5:49	39		52	58:04
Runde	5.27	34:41	6:34	13	18:56	60	18:56	42.16	4:09:34	5:55	12	3:12:10	58	3:16:12