



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

Detailed evaluation

Makiola, Hans-Edgar

Club: Magdeburger LaufKultur 08
Number: 235

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:10:01

Speed: 9.69 km/h
Running performance: 6:10 min/km

Rank in course/Total: 12 (of 64)

Rank in course/Men: 12 (of 53)

Best time in course: 1:47:19

Rank in category: 3(of 12)

Best time in the category: 1:50:01

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	31:09	5:54	3	3:52	9	5:11	5.27	31:09	5:54	3	3:52	34	
Runde	5.27	31:06	5:54	3	4:28	11	4:55	10.54	1:02:15	5:54	3	8:20	35	
Runde	5.27	32:06	6:05	4	4:47	14	4:47	15.81	1:34:21	5:58	3	13:07	35	
Runde	5.27	35:40	6:46	6	6:53	19	35:12	21.08	2:10:01	6:10	3	20:00	11	22:42