



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Tschapka, Frank

Club: Uniblutbank Magdeburg
Number: 410

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:12:45

Speed: 9.97 km/h
Running performance: 6:00 min/km

Rank in course/Total: 59 (of 311)

Rank in course/Men: 55 (of 279)

Best time in course: 3:02:44

Rank in category: 13(of 62)

Best time in the category: 3:33:30

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	27:25	5:12	10	4:39	38	5:42	5.27	27:25	5:12	45		61	
Runde	5.27	29:31	5:36	18	5:50	69	7:48	10.54	56:56	5:24	44		56	13:30
Runde	5.27	30:22	5:45	20	5:39	80	8:07	15.81	1:27:18	5:31	44		56	21:37
Runde	5.27	31:05	5:53	20	5:19	77	8:17	21.08	1:58:23	5:36	44		56	29:54
Runde	5.27	31:09	5:54	15	4:39	54	8:33	26.35	2:29:32	5:40	44		56	38:27
Runde	5.27	33:20	6:19	17	5:11	67	10:48	31.62	3:02:52	5:46	44		56	49:15
Runde	5.27	34:27	6:32	15	6:00	60	11:15	36.89	3:37:19	5:53	44		55	1:00:30
Runde	5.27	35:26	6:43	15	8:26	70	19:41	42.16	4:12:45	5:59	14	3:19:23	61	3:19:23