



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

van Ooyen, Michael

Club: SV 19 Straelen

Number: 415

Course: 42.16 km

Marathon

Category:

Männer M50

Total time: 4:13:36

Speed: 9.97 km/h

Running performance: 6:01 min/km

Rank in course/Total: 61 (of 311)

Rank in course/Men: 56 (of 279)

Best time in course: 3:02:44

Rank in category: 8(of 47)

Best time in the category: 3:29:07

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	28:33	5:25	4	3:18	57	6:50	5.27	28:33	5:25	32		57	62
Runde	5.27	29:11	5:32	5	4:10	63	7:28	10.54	57:44	5:28	32		57	14:18
Runde	5.27	30:53	5:51	9	4:51	90	8:38	15.81	1:28:37	5:36	32		57	22:56
Runde	5.27	31:45	6:01	12	5:49	92	8:57	21.08	2:00:22	5:42	32		57	31:53
Runde	5.27	31:49	6:02	8	5:30	66	9:13	26.35	2:32:11	5:46	32		57	41:06
Runde	5.27	34:05	6:28	10	6:48	78	11:33	31.62	3:06:16	5:53	32		57	52:39
Runde	5.27	34:13	6:29	9	6:34	58	11:01	36.89	3:40:29	5:58	32		56	1:03:40
Runde	5.27	33:07	6:17	9	7:29	43	17:22	42.16	4:13:36	6:00	8	44:29	62	3:20:14