



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

Detailed evaluation

Hansen, Dirk

Club: Niebüll  
Number: 119

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M45

Total time: 4:14:39

Speed: 7.45 km/h  
Running performance: 8:03 min/km

Rank in course/Total: 21 (of 23)

Rank in course/Men: 21 (of 22)

Best time in course: 2:46:55

Rank in category: 5(of 6)

Best time in the category: 3:16:15

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Runde   | 5.27        | 33:12         | 6:17            | 3           | 2:46           | 11          | 7:55          | 5.27          | 33:12         | 6:17            | 5           | 2:46           | 3          |               |  |
| Runde   | 5.27        | 37:43         | 7:09            | 6           | 6:57           | 21          | 10:54         | 10.54         | 1:10:55       | 6:43            | 5           | 9:43           | 3          | 3:35          |  |
| Runde   | 5.27        | 39:52         | 7:33            | 6           | 9:26           | 22          | 13:00         | 15.81         | 1:50:47       | 7:00            | 5           | 19:09          | 3          | 9:57          |  |
| Runde   | 5.27        | 42:23         | 8:02            | 6           | 11:19          | 22          | 14:27         | 21.08         | 2:33:10       | 7:15            | 5           | 30:28          | 3          | 14:29         |  |
| Runde   | 5.27        | 49:47         | 9:26            | 5           | 16:23          | 21          | 21:28         | 26.35         | 3:22:57       | 7:42            | 5           | 46:51          | 3          | 25:18         |  |
| Runde   | 5.27        | 51:42         | 9:48            | 5           | 11:33          | 19          | 20:34         | 31.62         | 4:14:39       | 8:03            | 5           | 58:24          | 21         | 1:27:44       |  |