



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

Detailed evaluation

Kretzschmar, Manfred

Club: Motor Arnstadt
Number: 450

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 4:16:29

Speed: 9.83 km/h
Running performance: 6:05 min/km

Rank in course/Total: 71 (of 311)

Rank in course/Men: 66 (of 279)

Best time in course: 3:02:44

Rank in category: 1(of 15)

Best time in the category: 4:16:29

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	27:41	5:15	1	-	41	5:58	5.27	27:41	5:15	1	-	73	
Runde	5.27	27:56	5:18	1	-	38	6:13	10.54	55:37	5:16	1	-	68	12:11
Runde	5.27	28:31	5:24	1	-	42	6:16	15.81	1:24:08	5:19	1	-	68	18:27
Runde	5.27	29:37	5:37	1	-	50	6:49	21.08	1:53:45	5:23	1	-	68	25:16
Runde	5.27	32:07	6:05	2	2:00	75	9:31	26.35	2:25:52	5:32	1	-	68	34:47
Runde	5.27	37:10	7:03	5	4:54	128	14:38	31.62	3:03:02	5:47	1	-	68	49:25
Runde	5.27	37:16	7:04	4	1:19	97	14:04	36.89	3:40:18	5:58	1	-	67	1:03:29
Runde	5.27	36:11	6:51	1	-	78	20:26	42.16	4:16:29	6:05	1	-	72	3:23:07