



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Herbert, Stephan

Club: SC Nordwalde

Number: 133

Course: 42.16 km

Marathon

Category:

Männer M40

Total time: 4:18:31

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 75 (of 311)

Rank in course/Men: 70 (of 279)

Best time in course: 3:02:44

Rank in category: 18(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	30:36	5:48	21	7:50	94	8:53	5.27	30:36	5:48	50		76	0:03
Runde	5.27	28:39	5:26	12	4:58	51	6:56	10.54	59:15	5:37	49		71	15:49
Runde	5.27	28:38	5:25	12	3:55	43	6:23	15.81	1:27:53	5:33	49		71	22:12
Runde	5.27	29:04	5:30	11	3:18	37	6:16	21.08	1:56:57	5:32	49		71	28:28
Runde	5.27	29:47	5:39	7	3:17	29	7:11	26.35	2:26:44	5:34	49		71	35:39
Runde	5.27	33:15	6:18	16	5:06	66	10:43	31.62	2:59:59	5:41	49		71	46:22
Runde	5.27	37:25	7:05	24	8:58	98	14:13	36.89	3:37:24	5:53	49		70	1:00:35
Runde	5.27	41:07	7:48	37	14:07	158	25:22	42.16	4:18:31	6:07	19	3:25:09	76	3:25:09