



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Dilling, Matthias

Club: SV Empor Berlin
Number: 58

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 4:18:38

Speed: 9.74 km/h
Running performance: 6:08 min/km

Rank in course/Total: 76 (of 311)

Rank in course/Men: 71 (of 279)

Best time in course: 3:02:44

Rank in category: 6(of 19)

Best time in the category: 3:02:44

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	27:56	5:18	6	6:13	45	6:13	5.27	27:56	5:18	15		77	
Runde	5.27	28:22	5:22	4	6:39	47	6:39	10.54	56:18	5:20	15		72	12:52
Runde	5.27	29:27	5:35	6	7:12	55	7:12	15.81	1:25:45	5:25	15		72	20:04
Runde	5.27	31:14	5:55	7	8:26	79	8:26	21.08	1:56:59	5:32	15		45	28:30
Runde	5.27	34:58	6:38	8	12:22	124	12:22	26.35	2:31:57	5:45	15		49	40:52
Runde	5.27	36:07	6:51	9	13:35	106	13:35	31.62	3:08:04	5:56	15		72	54:27
Runde	5.27	35:25	6:43	4	12:13	70	12:13	36.89	3:43:29	6:03	15		71	1:06:40
Runde	5.27	35:09	6:40	5	9:14	68	19:24	42.16	4:18:38	6:08	6	1:15:54	77	3:25:16