



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Abad, Antonio**

Club: Cañorroto flower power team  
Number: 1

Course: 42.16 km  
Marathon

Category:  
Männer M45

**Total time: 4:19:23**

Speed: 9.72 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 80 (of 311)

Rank in course/Men: 74 (of 279)

Best time in course: 3:02:44

Rank in category: 15(of 62)

Best time in the category: 3:40:26

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	29:23	5:34	17	5:13	68	7:40	5.27	29:23	5:34	49		48	
Runde	5.27	31:01	5:53	28	6:13	108	9:18	10.54	1:00:24	5:43	31		74	16:58
Runde	5.27	31:12	5:55	24	5:31	96	8:57	15.81	1:31:36	5:47	31		64	25:55
Runde	5.27	31:56	6:03	21	5:18	94	9:08	21.08	2:03:32	5:51	5		74	35:03
Runde	5.27	32:20	6:08	16	4:12	81	9:44	26.35	2:35:52	5:54	31		74	44:47
Runde	5.27	33:39	6:23	15	4:34	72	11:07	31.62	3:09:31	5:59	31		74	55:54
Runde	5.27	34:11	6:29	11	4:25	57	10:59	36.89	3:43:42	6:03	45		73	1:06:53
Runde	5.27	35:41	6:46	16	19:56	72	19:56	42.16	4:19:23	6:09	18	3:21:59	80	3:26:01