



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

Detailed evaluation

Höfer, Mike

Club: TUS Griesheim  
Number: 143

Course: 42.16 km  
Marathon

Category:  
Männer M35

Total time: 4:22:05

Speed: 9.62 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 85 (of 311)

Rank in course/Men: 79 (of 279)

Best time in course: 3:02:44

Rank in category: 12(of 35)

Best time in the category: 3:26:19

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	30:54	5:51	16	7:33	101	9:11	5.27	30:54	5:51	30		84	0:21
Runde	5.27	30:39	5:48	14	6:03	100	8:56	10.54	1:01:33	5:50	28		79	18:07
Runde	5.27	31:47	6:01	14	6:59	104	9:32	15.81	1:33:20	5:54	28		79	27:39
Runde	5.27	33:19	6:19	17	7:48	119	10:31	21.08	2:06:39	6:00	28		79	38:10
Runde	5.27	32:54	6:14	14	6:50	89	10:18	26.35	2:39:33	6:03	28		79	48:28
Runde	5.27	33:49	6:25	13	7:30	75	11:17	31.62	3:13:22	6:06	28		79	59:45
Runde	5.27	35:00	6:38	10	7:54	66	11:48	36.89	3:48:22	6:11	28		78	1:11:33
Runde	5.27	33:43	6:23	10	7:05	52	17:58	42.16	4:22:05	6:12	13	3:20:22	85	3:28:43