



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Herold, Fredi**

Club: Saalfelder LV  
Number: 134

Course: 42.16 km  
Marathon

Category:  
Männer M45

**Total time: 4:25:22**

Speed: 9.50 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 90 (of 311)

Rank in course/Men: 83 (of 279)

Best time in course: 3:02:44

Rank in category: 17(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.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	30:59	5:52	25	6:49	107	9:16	5.27	30:59	5:52	51		88	0:26
Runde	5.27	30:14	5:44	22	5:26	88	8:31	10.54	1:01:13	5:48	48		83	17:47
Runde	5.27	30:29	5:47	22	4:48	84	8:14	15.81	1:31:42	5:48	48		83	26:01
Runde	5.27	31:10	5:54	17	4:32	78	8:22	21.08	2:02:52	5:49	48		83	34:23
Runde	5.27	32:15	6:07	14	4:07	77	9:39	26.35	2:35:07	5:53	48		83	44:02
Runde	5.27	34:33	6:33	18	5:28	83	12:01	31.62	3:09:40	5:59	48		83	56:03
Runde	5.27	37:30	7:06	24	7:44	100	14:18	36.89	3:47:10	6:09	47		82	1:10:21
Runde	5.27	38:12	7:14	30	22:27	117	22:27	42.16	4:25:22	6:17	20	3:27:58	89	3:32:00