



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Pons Folguera, Jaume

Club: Castellserà
Number: 294

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:30:33

Speed: 9.31 km/h
Running performance: 6:25 min/km

Rank in course/Total: 102 (of 311)

Rank in course/Men: 95 (of 279)

Best time in course: 3:02:44

Rank in category: 16(of 33)

Best time in the category: 3:37:39

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	26:36	5:02	8	2:07	33	4:53	5.27	26:36	5:02	19		100	
Runde	5.27	28:07	5:20	9	3:40	42	6:24	10.54	54:43	5:11	19		95	11:17
Runde	5.27	29:19	5:33	11	5:20	53	7:04	15.81	1:24:02	5:18	19		95	18:21
Runde	5.27	30:45	5:50	12	5:18	71	7:57	21.08	1:54:47	5:26	19		95	26:18
Runde	5.27	33:01	6:15	15	6:30	91	10:25	26.35	2:27:48	5:36	19		95	36:43
Runde	5.27	36:23	6:54	16	8:10	112	13:51	31.62	3:04:11	5:49	19		95	50:34
Runde	5.27	41:16	7:49	20	11:13	161	18:04	36.89	3:45:27	6:06	19		94	1:08:38
Runde	5.27	45:06	8:33	24	16:34	201	29:21	42.16	4:30:33	6:25	16	52:54	101	3:37:11