



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Seeliger, Wolfhard

Club: RBB Laufbewegung
Number: 238

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:31:47

Speed: 9.27 km/h
Running performance: 6:27 min/km

Rank in course/Total: 106 (of 311)

Rank in course/Men: 99 (of 279)

Best time in course: 3:02:44

Rank in category: 14(of 47)

Best time in the category: 3:29:07

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	29:48	5:39	8	4:33	74	8:05	5.27	29:48	5:39	38		104	
Runde	5.27	30:54	5:51	12	5:53	105	9:11	10.54	1:00:42	5:45	38		99	17:16
Runde	5.27	32:59	6:15	16	6:57	133	10:44	15.81	1:33:41	5:55	38		99	28:00
Runde	5.27	33:14	6:18	16	7:18	116	10:26	21.08	2:06:55	6:01	38		99	38:26
Runde	5.27	34:39	6:34	15	8:20	115	12:03	26.35	2:41:34	6:07	38		99	50:29
Runde	5.27	35:46	6:47	14	8:29	103	13:14	31.62	3:17:20	6:14	38		99	1:03:43
Runde	5.27	37:01	7:01	14	9:22	94	13:49	36.89	3:54:21	6:21	38		98	1:17:32
Runde	5.27	37:26	7:06	15	11:48	101	21:41	42.16	4:31:47	6:26	14	1:02:40	105	3:38:25