



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Helbig, Stefan**

Club: BLT Helbig/Hörmann  
Number: 130

Course: 42.16 km  
Marathon

Category:  
Männer M20

Total time: 4:32:53

Speed: 9.23 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 111 (of 311)

Rank in course/Men: 104 (of 279)

Best time in course: 3:02:44

Rank in category: 7(of 19)

Best time in the category: 3:02:44

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	26:19	4:59	3	4:36	30	4:36	5.27	26:19	4:59	14		109	
Runde	5.27	29:02	5:30	6	7:19	60	7:19	10.54	55:21	5:15	14		104	11:55
Runde	5.27	28:24	5:23	4	6:09	40	6:09	15.81	1:23:45	5:17	14		104	18:04
Runde	5.27	30:42	5:49	6	7:54	70	7:54	21.08	1:54:27	5:25	14		104	25:58
Runde	5.27	35:20	6:42	10	12:44	132	12:44	26.35	2:29:47	5:41	14		104	38:42
Runde	5.27	39:58	7:35	13	17:26	178	17:26	31.62	3:09:45	6:00	14		104	56:08
Runde	5.27	39:57	7:34	9	16:45	149	16:45	36.89	3:49:42	6:13	14		103	1:12:53
Runde	5.27	43:11	8:11	10	17:16	175	27:26	42.16	4:32:53	6:28	7	1:30:09	110	3:39:31