



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Mantik, Boris

Club: ULG/TV Flein
Number: 236

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:34:58

Speed: 9.16 km/h
Running performance: 6:31 min/km

Rank in course/Total: 116 (of 311)

Rank in course/Men: 109 (of 279)

Best time in course: 3:02:44

Rank in category: 27(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	33:39	6:23	41	10:53	172	11:56	5.27	33:39	6:23	59	1:02	114	3:06
Runde	5.27	32:28	6:09	35	8:47	140	10:45	10.54	1:06:07	6:16	58	1:06	109	22:41
Runde	5.27	33:06	6:16	32	8:23	137	10:51	15.81	1:39:13	6:16	58		109	33:32
Runde	5.27	33:02	6:16	25	7:16	112	10:14	21.08	2:12:15	6:16	58		109	43:46
Runde	5.27	34:41	6:34	26	8:11	116	12:05	26.35	2:46:56	6:20	58		109	55:51
Runde	5.27	35:14	6:41	23	7:05	94	12:42	31.62	3:22:10	6:23	58		109	1:08:33
Runde	5.27	36:10	6:51	20	7:43	82	12:58	36.89	3:58:20	6:27	58		108	1:21:31
Runde	5.27	36:38	6:57	21	9:38	84	20:53	42.16	4:34:58	6:31	28	3:41:36	115	3:41:36