



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Michel, Ronny

Club: lg-ohne-namen.de Sindelfingen
Number: 250

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:38:30

Speed: 9.05 km/h
Running performance: 6:37 min/km

Rank in course/Total: 124 (of 311)

Rank in course/Men: 116 (of 279)

Best time in course: 3:02:44

Rank in category: 27(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	31:34	5:59	30	7:24	128	9:51	5.27	31:34	5:59	61		121	1:01
Runde	5.27	32:49	6:13	35	8:01	147	11:06	10.54	1:04:23	6:06	58		116	20:57
Runde	5.27	32:14	6:06	30	6:33	116	9:59	15.81	1:36:37	6:06	58		116	30:56
Runde	5.27	33:09	6:17	29	6:31	114	10:21	21.08	2:09:46	6:09	58		116	41:17
Runde	5.27	33:57	6:26	25	5:49	105	11:21	26.35	2:43:43	6:12	58		116	52:38
Runde	5.27	36:01	6:50	24	6:56	105	13:29	31.62	3:19:44	6:19	58		116	1:06:07
Runde	5.27	38:22	7:16	30	8:36	118	15:10	36.89	3:58:06	6:27	57		115	1:21:17
Runde	5.27	40:24	7:39	36	24:39	147	24:39	42.16	4:38:30	6:36	30	3:41:06	122	3:45:08