



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Heß, Wolfgang

Club: Seestolperer Weißenstadt
Number: 137

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:17:21

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 19 (of 64)

Rank in course/Men: 19 (of 53)

Best time in course: 1:47:19

Rank in category: 6(of 12)

Best time in the category: 1:50:01

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	34:46	6:35	8	7:29	22	8:48	5.27	34:46	6:35	6	7:29	42	
Runde	5.27	33:31	6:21	6	6:53	21	7:20	10.54	1:08:17	6:28	6	14:22	42	
Runde	5.27	33:37	6:22	5	6:18	16	6:18	15.81	1:41:54	6:26	6	20:40	42	
Runde	5.27	35:27	6:43	4	6:40	17	34:59	21.08	2:17:21	6:30	6	27:20	19	30:02