



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

Detailed evaluation

Pollmeier, Michael

Club: Laufspass SW Sende  
Number: 293

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:40:45

Speed: 8.98 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 127 (of 311)

Rank in course/Men: 119 (of 279)

Best time in course: 3:02:44

Rank in category: 30(of 62)

Best time in the category: 3:40:26

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	31:41	6:00	31	7:31	131	9:58	5.27	31:41	6:00	2		124	1:08
Runde	5.27	30:55	5:51	27	6:07	107	9:12	10.54	1:02:36	5:56	16		119	19:10
Runde	5.27	31:20	5:56	26	5:39	100	9:05	15.81	1:33:56	5:56	16		119	28:15
Runde	5.27	33:01	6:15	27	6:23	111	10:13	21.08	2:06:57	6:01	16		119	38:28
Runde	5.27	36:22	6:54	36	8:14	152	13:46	26.35	2:43:19	6:11	16		119	52:14
Runde	5.27	37:49	7:10	36	8:44	142	15:17	31.62	3:21:08	6:21	16		119	1:07:31
Runde	5.27	39:34	7:30	33	9:48	141	16:22	36.89	4:00:42	6:31	16		118	1:23:53
Runde	5.27	40:03	7:35	34	24:18	143	24:18	42.16	4:40:45	6:39	33	3:43:21	125	3:47:23