



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Gunia, Torsten

Club: Post Telekom Schwerin
Number: 114

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:41:10

Speed: 8.96 km/h
Running performance: 6:40 min/km

Rank in course/Total: 128 (of 311)

Rank in course/Men: 120 (of 279)

Best time in course: 3:02:44

Rank in category: 31(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	28:25	5:23	11	4:15	55	6:42	5.27	28:25	5:23	3		125	
Runde	5.27	29:23	5:34	15	4:35	67	7:40	10.54	57:48	5:29	2		120	14:22
Runde	5.27	31:16	5:55	25	5:35	98	9:01	15.81	1:29:04	5:38	2		120	23:23
Runde	5.27	33:02	6:16	28	6:24	112	10:14	21.08	2:02:06	5:47	2		120	33:37
Runde	5.27	36:04	6:50	33	7:56	145	13:28	26.35	2:38:10	6:00	2		120	47:05
Runde	5.27	39:11	7:26	41	10:06	168	16:39	31.62	3:17:21	6:14	2		120	1:03:44
Runde	5.27	44:40	8:28	48	14:54	202	21:28	36.89	4:02:01	6:33	2		119	1:25:12
Runde	5.27	39:09	7:25	33	23:24	133	23:24	42.16	4:41:10	6:40	34	3:43:46	126	3:47:48