



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Schietzel, Heiko**

Club: Treppenlaufteam Schritt für Schritt  
Number: 331

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:43:27

Speed: 8.89 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 137 (of 311)

Rank in course/Men: 129 (of 279)

Best time in course: 3:02:44

Rank in category: 34(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	31:20	5:56	27	7:10	118	9:37	5.27	31:20	5:56	6		68	0:47
Runde	5.27	29:51	5:39	17	5:03	75	8:08	10.54	1:01:11	5:48	5		129	17:45
Runde	5.27	30:23	5:45	21	4:42	83	8:08	15.81	1:31:34	5:47	5		63	25:53
Runde	5.27	31:58	6:03	23	5:20	96	9:10	21.08	2:03:32	5:51	5		74	35:03
Runde	5.27	36:47	6:58	38	8:39	162	14:11	26.35	2:40:19	6:05	5		129	49:14
Runde	5.27	38:02	7:13	38	8:57	146	15:30	31.62	3:18:21	6:16	5		129	1:04:44
Runde	5.27	41:12	7:49	38	11:26	159	18:00	36.89	3:59:33	6:29	5		128	1:22:44
Runde	5.27	43:54	8:19	49	28:09	184	28:09	42.16	4:43:27	6:43	37	3:46:03	135	3:50:05