



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Demuth, Markus

Club: Thalmässing
Number: 53

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 4:45:52

Speed: 8.82 km/h
Running performance: 6:47 min/km

Rank in course/Total: 144 (of 311)

Rank in course/Men: 136 (of 279)

Best time in course: 3:02:44

Rank in category: 35(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	33:38	6:22	44	9:28	171	11:55	5.27	33:38	6:22	7	1:05	140	3:05
Runde	5.27	30:36	5:48	25	5:48	96	8:53	10.54	1:04:14	6:05	6		135	20:48
Runde	5.27	33:29	6:21	35	7:48	145	11:14	15.81	1:37:43	6:10	6		135	32:02
Runde	5.27	38:01	7:12	47	11:23	210	15:13	21.08	2:15:44	6:26	6		135	47:15
Runde	5.27	38:31	7:18	44	10:23	184	15:55	26.35	2:54:15	6:36	6		135	1:03:10
Runde	5.27	39:46	7:32	42	10:41	175	17:14	31.62	3:34:01	6:46	6		135	1:20:24
Runde	5.27	37:02	7:01	21	7:16	95	13:50	36.89	4:11:03	6:48	6		134	1:34:14
Runde	5.27	34:49	6:36	14	19:04	63	19:04	42.16	4:45:52	6:46	38	3:48:28	142	3:52:30