



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

Detailed evaluation

Brüchert-Pastor, Nils

Club: PV Triathlon Witten  
Number: 42

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:50:55

Speed: 8.66 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 161 (of 311)

Rank in course/Men: 151 (of 279)

Best time in course: 3:02:44

Rank in category: 33(of 62)

Best time in the category: 3:33:30

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	31:23	5:57	32	8:37	123	9:40	5.27	31:23	5:57	3		156	0:50
Runde	5.27	31:33	5:59	28	7:52	118	9:50	10.54	1:02:56	5:58	3		151	19:30
Runde	5.27	32:54	6:14	29	8:11	130	10:39	15.81	1:35:50	6:03	3		151	30:09
Runde	5.27	35:26	6:43	39	9:40	169	12:38	21.08	2:11:16	6:13	3		151	42:47
Runde	5.27	38:06	7:13	41	11:36	180	15:30	26.35	2:49:22	6:25	3		151	58:17
Runde	5.27	37:00	7:01	28	8:51	125	14:28	31.62	3:26:22	6:31	3		151	1:12:45
Runde	5.27	40:22	7:39	34	11:55	152	17:10	36.89	4:06:44	6:41	3		150	1:29:55
Runde	5.27	44:11	8:23	41	17:11	187	28:26	42.16	4:50:55	6:54	34	3:57:33	157	3:57:33