



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Steiner, Daniel

Club: Marathon4you.de
Number: 389

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 4:52:17

Speed: 8.62 km/h
Running performance: 6:56 min/km

Rank in course/Total: 165 (of 311)

Rank in course/Men: 155 (of 279)

Best time in course: 3:02:44

Rank in category: 22(of 47)

Best time in the category: 3:29:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	34:28	6:32	26	9:13	194	12:45	5.27	34:28	6:32	46	1:39	163	3:55
Runde	5.27	35:08	6:40	32	10:07	199	13:25	10.54	1:09:36	6:36	46	1:50	158	26:10
Runde	5.27	34:44	6:35	28	8:42	181	12:29	15.81	1:44:20	6:35	46	0:18	158	38:39
Runde	5.27	36:00	6:49	27	10:04	177	13:12	21.08	2:20:20	6:39	46		158	51:51
Runde	5.27	35:31	6:44	19	9:12	137	12:55	26.35	2:55:51	6:40	46		158	1:04:46
Runde	5.27	38:59	7:23	26	11:42	165	16:27	31.62	3:34:50	6:47	46		158	1:21:13
Runde	5.27	39:39	7:31	22	12:00	142	16:27	36.89	4:14:29	6:53	46		157	1:37:40
Runde	5.27	37:48	7:10	16	12:10	111	22:03	42.16	4:52:17	6:55	22	1:23:10	161	3:58:55