



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Heese, Sebastian

Club: VfL Bückeburg
Number: 126

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 4:53:05

Speed: 8.60 km/h
Running performance: 6:57 min/km

Rank in course/Total: 171 (of 311)

Rank in course/Men: 160 (of 279)

Best time in course: 3:02:44

Rank in category: 23(of 33)

Best time in the category: 3:37:39

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	34:14	6:29	25	9:45	189	12:31	5.27	34:14	6:29	7		165	3:41
Runde	5.27	33:22	6:19	24	8:55	161	11:39	10.54	1:07:36	6:24	7		153	24:10
Runde	5.27	34:13	6:29	23	10:14	160	11:58	15.81	1:41:49	6:26	7		160	36:08
Runde	5.27	35:03	6:39	24	9:36	161	12:15	21.08	2:16:52	6:29	7		160	48:23
Runde	5.27	35:10	6:40	20	8:39	128	12:34	26.35	2:52:02	6:31	7		160	1:00:57
Runde	5.27	38:59	7:23	22	10:46	165	16:27	31.62	3:31:01	6:40	7		159	1:17:24
Runde	5.27	41:24	7:51	21	11:21	164	18:12	36.89	4:12:25	6:50	7		159	1:35:36
Runde	5.27	40:40	7:42	18	12:08	150	24:55	42.16	4:53:05	6:57	23	1:15:26	166	3:59:43