



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Maiwald, Holger

Club: LT Rennhamster
Number: 234

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:54:44

Speed: 8.55 km/h
Running performance: 6:59 min/km

Rank in course/Total: 174 (of 311)

Rank in course/Men: 162 (of 279)

Best time in course: 3:02:44

Rank in category: 36(of 62)

Best time in the category: 3:33:30

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	32:16	6:07	36	9:30	146	10:33	5.27	32:16	6:07	6		167	1:43
Runde	5.27	32:10	6:06	31	8:29	129	10:27	10.54	1:04:26	6:06	6		162	21:00
Runde	5.27	32:52	6:14	28	8:09	129	10:37	15.81	1:37:18	6:09	6		162	31:37
Runde	5.27	35:30	6:44	40	9:44	171	12:42	21.08	2:12:48	6:17	6		162	44:19
Runde	5.27	36:36	6:56	35	10:06	161	14:00	26.35	2:49:24	6:25	6		162	58:19
Runde	5.27	42:36	8:05	48	14:27	216	20:04	31.62	3:32:00	6:42	6		162	1:18:23
Runde	5.27	44:29	8:26	45	16:02	196	21:17	36.89	4:16:29	6:57	6		161	1:39:40
Runde	5.27	38:15	7:15	29	11:15	118	22:30	42.16	4:54:44	6:59	37	4:01:22	168	4:01:22