



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Bruszauskas, Ralf

Club: Triabolols Hamburg e. V.
Number: 44

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 5:00:43

Speed: 8.38 km/h
Running performance: 7:08 min/km

Rank in course/Total: 187 (of 311)

Rank in course/Men: 174 (of 279)

Best time in course: 3:02:44

Rank in category: 25(of 33)

Best time in the category: 3:37:39

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|---------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 30:05 | 5:42 | 16 | 5:36 | 81 | 8:22 | 5.27 | 30:05 | 5:42 | 9 | | 178 | |
| Runde | 5.27 | 30:12 | 5:43 | 15 | 5:45 | 87 | 8:29 | 10.54 | 1:00:17 | 5:43 | 9 | | 173 | 16:51 |
| Runde | 5.27 | 31:10 | 5:54 | 15 | 7:11 | 95 | 8:55 | 15.81 | 1:31:27 | 5:47 | 9 | | 173 | 25:46 |
| Runde | 5.27 | 33:44 | 6:24 | 18 | 8:17 | 133 | 10:56 | 21.08 | 2:05:11 | 5:56 | 9 | | 173 | 36:42 |
| Runde | 5.27 | 39:17 | 7:27 | 27 | 12:46 | 198 | 16:41 | 26.35 | 2:44:28 | 6:14 | 9 | | 173 | 53:23 |
| Runde | 5.27 | 42:27 | 8:03 | 29 | 14:14 | 215 | 19:55 | 31.62 | 3:26:55 | 6:32 | 9 | | 173 | 1:13:18 |
| Runde | 5.27 | 48:14 | 9:09 | 29 | 18:11 | 239 | 25:02 | 36.89 | 4:15:09 | 6:54 | 9 | | 172 | 1:38:20 |
| Runde | 5.27 | 45:34 | 8:38 | 25 | 17:02 | 207 | 29:49 | 42.16 | 5:00:43 | 7:07 | 25 | 1:23:04 | 180 | 4:07:21 |