



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