



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Ruef, Pierre

Club: USSE
Number: 321

Course: 21.08 km
Halbmarathon

Category:
Männer M55

Total time: 2:29:03

Speed: 8.45 km/h
Running performance: 7:04 min/km

Rank in course/Total: 28 (of 64)

Rank in course/Men: 27 (of 53)

Best time in course: 1:47:19

Rank in category: 5(of 10)

Best time in the category: 2:12:33

Intermediate times				Stage score				Total ranking						
Control	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	35:00	6:38	2	3:35	24	9:02	5.27	35:00	6:38	5	3:35	49	
Runde	5.27	36:34	6:56	7	5:03	33	10:23	10.54	1:11:34	6:47	5	8:38	49	
Runde	5.27	37:25	7:05	5	3:09	29	10:06	15.81	1:48:59	6:53	3	11:44	47	
Runde	5.27	40:04	7:36	4	6:08	30	39:36	21.08	2:29:03	7:04	5	16:30	27	41:44