



10. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Blumensaat, Roland

Club: schritt-weise.de  
Number: 30

Course: 42.16 km  
Marathon

Category:  
Männer M50

Total time: 5:08:34

Speed: 8.17 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 206 (of 311)

Rank in course/Men: 191 (of 279)

Best time in course: 3:02:44

Rank in category: 26(of 47)

Best time in the category: 3:29:07

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	39:53	7:34	47	14:38	274	18:10	5.27	39:53	7:34	3	7:04	197	9:20
Runde	5.27	39:34	7:30	44	14:33	261	17:51	10.54	1:19:27	7:32	3	11:41	192	36:01
Runde	5.27	39:55	7:34	45	13:53	263	17:40	15.81	1:59:22	7:33	3	15:20	192	53:41
Runde	5.27	40:23	7:39	39	14:27	242	17:35	21.08	2:39:45	7:34	3	17:18	192	1:11:16
Runde	5.27	36:33	6:56	22	10:14	159	13:57	26.35	3:16:18	7:26	3	7:57	192	1:25:13
Runde	5.27	36:43	6:58	18	9:26	117	14:11	31.62	3:53:01	7:22	3		192	1:39:24
Runde	5.27	36:52	6:59	13	9:13	91	13:40	36.89	4:29:53	7:18	3		191	1:53:04
Runde	5.27	38:41	7:20	18	13:03	125	22:56	42.16	5:08:34	7:19	26	1:39:27	197	4:15:12