



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Littwin, Rüdiger

Club: 100 Marathon Club / LT lippehasen
Number: 222

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 5:11:04

Speed: 8.10 km/h
Running performance: 7:23 min/km

Rank in course/Total: 211 (of 311)

Rank in course/Men: 195 (of 279)

Best time in course: 3:02:44

Rank in category: 8(of 15)

Best time in the category: 4:16:29

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	39:06	7:25	13	11:25	265	17:23	5.27	39:06	7:25	8	11:25	201	8:33
Runde	5.27	39:00	7:24	13	11:04	255	17:17	10.54	1:18:06	7:24	8	22:29	196	34:40
Runde	5.27	39:07	7:25	13	10:36	252	16:52	15.81	1:57:13	7:24	8	33:05	196	51:32
Runde	5.27	38:36	7:19	9	8:59	219	15:48	21.08	2:35:49	7:23	8	42:04	196	1:07:20
Runde	5.27	40:52	7:45	10	10:45	220	18:16	26.35	3:16:41	7:27	8	50:49	196	1:25:36
Runde	5.27	40:50	7:44	8	8:34	187	18:18	31.62	3:57:31	7:30	8	54:29	196	1:43:54
Runde	5.27	35:57	6:49	1	-	78	12:45	36.89	4:33:28	7:24	8	53:10	195	1:56:39
Runde	5.27	37:36	7:08	3	1:25	102	21:51	42.16	5:11:04	7:22	8	54:35	201	4:17:42