



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Rollwage, Stephan

Club: RSV - Germania Heere
Number: 317

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:11:28

Speed: 8.09 km/h
Running performance: 7:23 min/km

Rank in course/Total: 212 (of 311)

Rank in course/Men: 196 (of 279)

Best time in course: 3:02:44

Rank in category: 28(of 47)

Best time in the category: 3:29:07

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	33:05	6:16	21	7:50	165	11:22	5.27	33:05	6:16	5	0:16	202	2:32
Runde	5.27	30:06	5:42	8	5:05	82	8:23	10.54	1:03:11	5:59	5		197	19:45
Runde	5.27	34:59	6:38	29	8:57	186	12:44	15.81	1:38:10	6:12	5		197	32:29
Runde	5.27	37:04	7:02	30	11:08	194	14:16	21.08	2:15:14	6:24	5		197	46:45
Runde	5.27	41:17	7:50	36	14:58	222	18:41	26.35	2:56:31	6:41	5		197	1:05:26
Runde	5.27	42:24	8:02	34	15:07	213	19:52	31.62	3:38:55	6:55	5		197	1:25:18
Runde	5.27	47:32	9:01	38	19:53	230	24:20	36.89	4:26:27	7:13	5		196	1:49:38
Runde	5.27	45:01	8:32	31	19:23	199	29:16	42.16	5:11:28	7:23	28	1:42:21	202	4:18:06