



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

Detailed evaluation

Schwarzwald, Hans

Club: Getränke Waldhoff
Number: 370

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:12:46

Speed: 8.06 km/h
Running performance: 7:25 min/km

Rank in course/Total: 215 (of 311)

Rank in course/Men: 199 (of 279)

Best time in course: 3:02:44

Rank in category: 47(of 62)

Best time in the category: 3:40:26

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	34:12	6:29	46	10:02	185	12:29	5.27	34:12	6:29	19	1:39	189	3:39
Runde	5.27	35:35	6:45	45	10:47	202	13:52	10.54	1:09:47	6:37	18	3:52	200	26:21
Runde	5.27	36:05	6:50	43	10:24	200	13:50	15.81	1:45:52	6:41	18	3:50	200	40:11
Runde	5.27	38:17	7:15	49	11:39	214	15:29	21.08	2:24:09	6:50	18	4:14	200	55:40
Runde	5.27	40:01	7:35	49	11:53	211	17:25	26.35	3:04:10	6:59	18	4:39	200	1:13:05
Runde	5.27	41:51	7:56	48	12:46	205	19:19	31.62	3:46:01	7:08	18	4:46	200	1:32:24
Runde	5.27	44:04	8:21	47	14:18	194	20:52	36.89	4:30:05	7:19	18	5:08	199	1:53:16
Runde	5.27	42:41	8:05	43	26:56	165	26:56	42.16	5:12:46	7:25	50	4:15:22	205	4:19:24