



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Pflügler, Christian

Club: 100 Marathon Club
Number: 289

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:24:43

Speed: 7.76 km/h
Running performance: 7:42 min/km

Rank in course/Total: 233 (of 311)

Rank in course/Men: 217 (of 279)

Best time in course: 3:02:44

Rank in category: 48(of 62)

Best time in the category: 3:33:30

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	35:39	6:45	51	12:53	222	13:56	5.27	35:39	6:45	18	3:02	223	5:06
Runde	5.27	38:03	7:13	56	14:22	247	16:20	10.54	1:13:42	6:59	18	8:41	218	30:16
Runde	5.27	38:26	7:17	56	13:43	243	16:11	15.81	1:52:08	7:05	18	12:38	218	46:27
Runde	5.27	40:31	7:41	56	14:45	243	17:43	21.08	2:32:39	7:14	18	15:24	218	1:04:10
Runde	5.27	41:18	7:50	49	14:48	223	18:42	26.35	3:13:57	7:21	18	13:59	218	1:22:52
Runde	5.27	43:15	8:12	49	15:06	225	20:43	31.62	3:57:12	7:30	18	12:55	218	1:43:35
Runde	5.27	42:23	8:02	41	13:56	175	19:11	36.89	4:39:35	7:34	18	7:56	217	2:02:46
Runde	5.27	45:08	8:33	43	18:08	202	29:23	42.16	5:24:43	7:42	49	4:31:21	223	4:31:21