



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Brocke, Carsten

Club: Essen
Number: 41

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:27:42

Speed: 7.69 km/h
Running performance: 7:46 min/km

Rank in course/Total: 241 (of 311)

Rank in course/Men: 223 (of 279)

Best time in course: 3:02:44

Rank in category: 51(of 62)

Best time in the category: 3:33:30

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	41:51	7:56	61	19:05	278	20:08	5.27	41:51	7:56	21	9:14	229	11:18
Runde	5.27	36:17	6:53	51	12:36	220	14:34	10.54	1:18:08	7:24	21	13:07	224	34:42
Runde	5.27	34:44	6:35	43	10:01	181	12:29	15.81	1:52:52	7:08	21	13:22	224	47:11
Runde	5.27	35:15	6:41	37	9:29	166	12:27	21.08	2:28:07	7:01	21	10:52	224	59:38
Runde	5.27	36:06	6:51	32	9:36	147	13:30	26.35	3:04:13	6:59	21	4:15	224	1:13:08
Runde	5.27	37:55	7:11	31	9:46	143	15:23	31.62	3:42:08	7:01	21		224	1:28:31
Runde	5.27	44:30	8:26	46	16:03	197	21:18	36.89	4:26:38	7:13	21		223	1:49:49
Runde	5.27	1:01:04	11:35	62	34:04	275	45:19	42.16	5:27:42	7:46	52	4:34:20	229	4:34:20