



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Ruess, André

Club: TriTeam Berlin
Number: 322

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:27:59

Speed: 7.68 km/h
Running performance: 7:47 min/km

Rank in course/Total: 243 (of 311)

Rank in course/Men: 225 (of 279)

Best time in course: 3:02:44

Rank in category: 38(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	31:59	6:04	15	6:44	139	10:16	5.27	31:59	6:04	15		231	1:26
Runde	5.27	33:28	6:21	24	8:27	165	11:45	10.54	1:05:27	6:12	15		226	22:01
Runde	5.27	36:23	6:54	34	10:21	210	14:08	15.81	1:41:50	6:26	15		226	36:09
Runde	5.27	40:40	7:42	40	14:44	246	17:52	21.08	2:22:30	6:45	15	0:03	187	54:01
Runde	5.27	48:13	9:08	45	21:54	269	25:37	26.35	3:10:43	7:14	15	2:22	210	1:19:38
Runde	5.27	42:48	8:07	35	15:31	217	20:16	31.62	3:53:31	7:23	15		210	1:39:54
Runde	5.27	48:07	9:07	40	20:28	238	24:55	36.89	4:41:38	7:38	15		225	2:04:49
Runde	5.27	46:21	8:47	33	20:43	214	30:36	42.16	5:27:59	7:46	38	1:58:52	231	4:34:37