



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Nobaek, Morten

Club: Hillbillies
Number: 272

Course: 42.16 km
Marathon

Category:
Männer M20

Total time: 5:31:01

Speed: 7.61 km/h
Running performance: 7:51 min/km

Rank in course/Total: 249 (of 311)

Rank in course/Men: 229 (of 279)

Best time in course: 3:02:44

Rank in category: 14(of 19)

Best time in the category: 3:02:44

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	5.27	32:45	6:12	9	11:02	157	11:02	5.27	32:45	6:12	7		235	2:12
Runde	5.27	33:17	6:18	11	11:34	158	11:34	10.54	1:06:02	6:15	7		230	22:36
Runde	5.27	35:24	6:43	13	13:09	188	13:09	15.81	1:41:26	6:24	7	1:52	137	35:45
Runde	5.27	39:53	7:34	15	17:05	235	17:05	21.08	2:21:19	6:42	7	8:50	230	52:50
Runde	5.27	44:39	8:28	15	22:03	253	22:03	26.35	3:05:58	7:03	7	18:37	230	1:14:53
Runde	5.27	50:07	9:30	17	27:35	265	27:35	31.62	3:56:05	7:27	7	31:27	230	1:42:28
Runde	5.27	48:51	9:16	16	25:39	246	25:39	36.89	4:44:56	7:43	7	37:24	229	2:08:07
Runde	5.27	46:05	8:44	15	20:10	210	30:20	42.16	5:31:01	7:51	14	2:28:17	235	4:37:39