



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Podewils, Thomas**

Club: Berlin  
Number: 291

Course: 42.16 km  
Marathon

Category:  
Männer M50

Total time: 5:34:42

Speed: 7.53 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 262 (of 311)

Rank in course/Men: 240 (of 279)

Best time in course: 3:02:44

Rank in category: 41(of 47)

Best time in the category: 3:29:07

### 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	37:03	7:01	37	11:48	231	15:20	5.27	37:03	7:01	18	4:14	246	6:30
Runde	5.27	40:12	7:37	46	15:11	266	18:29	10.54	1:17:15	7:19	18	9:29	241	33:49
Runde	5.27	35:24	6:43	31	9:22	188	13:09	15.81	1:52:39	7:07	18	8:37	241	46:58
Runde	5.27	45:53	8:42	47	19:57	274	23:05	21.08	2:38:32	7:31	18	16:05	241	1:10:03
Runde	5.27	42:32	8:04	41	16:13	236	19:56	26.35	3:21:04	7:37	18	12:43	241	1:29:59
Runde	5.27	38:38	7:19	24	11:21	159	16:06	31.62	3:59:42	7:34	18	4:55	241	1:46:05
Runde	5.27	47:28	9:00	37	19:49	229	24:16	36.89	4:47:10	7:47	18	4:47	240	2:10:21
Runde	5.27	47:32	9:01	36	21:54	230	31:47	42.16	5:34:42	7:56	41	2:05:35	246	4:41:20