



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Schachtsiek, Ingo

Club: Laufspass SW Sende
Number: 328

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:36:35

Speed: 7.49 km/h
Running performance: 7:59 min/km

Rank in course/Total: 265 (of 311)

Rank in course/Men: 242 (of 279)

Best time in course: 3:02:44

Rank in category: 53(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	35:17	6:41	49	12:31	211	13:34	5.27	35:17	6:41	23	2:40	239	4:44
Runde	5.27	33:34	6:22	40	9:53	172	11:51	10.54	1:08:51	6:31	23	3:50	243	25:25
Runde	5.27	34:22	6:31	38	9:39	170	12:07	15.81	1:43:13	6:31	23	3:43	243	37:32
Runde	5.27	37:46	7:09	48	12:00	206	14:58	21.08	2:20:59	6:41	23	3:44	243	52:30
Runde	5.27	43:32	8:15	56	17:02	249	20:56	26.35	3:04:31	7:00	23	4:33	243	1:13:26
Runde	5.27	50:24	9:33	60	22:15	267	27:52	31.62	3:54:55	7:25	23	10:38	243	1:41:18
Runde	5.27	51:25	9:45	59	22:58	257	28:13	36.89	4:46:20	7:45	23	14:41	242	2:09:31
Runde	5.27	50:15	9:32	55	23:15	256	34:30	42.16	5:36:35	7:59	54	4:43:13	248	4:43:13