



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Haase, Falko

Club: Hamburg
Number: 115

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 5:41:29

Speed: 7.38 km/h
Running performance: 8:06 min/km

Rank in course/Total: 272 (of 311)

Rank in course/Men: 249 (of 279)

Best time in course: 3:02:44

Rank in category: 55(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	38:49	7:21	57	16:03	260	17:06	5.27	38:49	7:21	25	6:12	255	8:16
Runde	5.27	38:50	7:22	57	15:09	253	17:07	10.54	1:17:39	7:22	25	12:38	250	34:13
Runde	5.27	39:09	7:25	57	14:26	253	16:54	15.81	1:56:48	7:23	25	17:18	250	51:07
Runde	5.27	39:03	7:24	52	13:17	227	16:15	21.08	2:35:51	7:23	25	18:36	250	1:07:22
Runde	5.27	42:17	8:01	51	15:47	234	19:41	26.35	3:18:08	7:31	25	18:10	250	1:27:03
Runde	5.27	44:14	8:23	50	16:05	233	21:42	31.62	4:02:22	7:39	25	18:05	250	1:48:45
Runde	5.27	48:16	9:09	53	19:49	240	25:04	36.89	4:50:38	7:52	25	18:59	249	2:13:49
Runde	5.27	50:51	9:38	57	23:51	260	35:06	42.16	5:41:29	8:05	56	4:48:07	255	4:48:07