



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Bader, Gerd

Club: Zimmern
Number: 9

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:41:50

Speed: 7.37 km/h
Running performance: 8:07 min/km

Rank in course/Total: 273 (of 311)

Rank in course/Men: 250 (of 279)

Best time in course: 3:02:44

Rank in category: 57(of 62)

Best time in the category: 3:40:26

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	38:29	7:18	59	14:19	252	16:46	5.27	38:29	7:18	15	5:56	185	7:56
Runde	5.27	37:00	7:01	53	12:12	229	15:17	10.54	1:15:29	7:09	28	9:34	229	32:03
Runde	5.27	39:00	7:24	57	13:19	251	16:45	15.81	1:54:29	7:14	28	12:27	251	48:48
Runde	5.27	40:33	7:41	54	13:55	244	17:45	21.08	2:35:02	7:21	28	15:07	251	1:06:33
Runde	5.27	43:28	8:14	56	15:20	248	20:52	26.35	3:18:30	7:31	28	18:59	251	1:27:25
Runde	5.27	47:20	8:58	59	18:15	254	24:48	31.62	4:05:50	7:46	28	24:35	251	1:52:13
Runde	5.27	48:32	9:12	58	18:46	243	25:20	36.89	4:54:22	7:58	28	29:25	250	2:17:33
Runde	5.27	47:28	9:00	58	31:43	229	31:43	42.16	5:41:50	8:06	60	4:44:26	256	4:48:28