



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Pachura, Frank

Club: Laufen-in-Dortmund.de
Number: 279

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:42:30

Speed: 7.36 km/h
Running performance: 8:07 min/km

Rank in course/Total: 274 (of 311)

Rank in course/Men: 251 (of 279)

Best time in course: 3:02:44

Rank in category: 58(of 62)

Best time in the category: 3:40:26

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 | 38:57 | 7:23 | 61 | 14:47 | 262 | 17:14 | 5.27 | 38:57 | 7:23 | 30 | 6:24 | 257 | 8:24 |
| Runde | 5.27 | 40:47 | 7:44 | 59 | 15:59 | 269 | 19:04 | 10.54 | 1:19:44 | 7:33 | 29 | 13:49 | 252 | 36:18 |
| Runde | 5.27 | 40:32 | 7:41 | 60 | 14:51 | 267 | 18:17 | 15.81 | 2:00:16 | 7:36 | 29 | 18:14 | 252 | 54:35 |
| Runde | 5.27 | 41:03 | 7:47 | 56 | 14:25 | 253 | 18:15 | 21.08 | 2:41:19 | 7:39 | 29 | 21:24 | 252 | 1:12:50 |
| Runde | 5.27 | 44:44 | 8:29 | 58 | 16:36 | 254 | 22:08 | 26.35 | 3:26:03 | 7:49 | 29 | 26:32 | 252 | 1:34:58 |
| Runde | 5.27 | 44:05 | 8:21 | 54 | 15:00 | 230 | 21:33 | 31.62 | 4:10:08 | 7:54 | 29 | 28:53 | 252 | 1:56:31 |
| Runde | 5.27 | 46:37 | 8:50 | 53 | 16:51 | 218 | 23:25 | 36.89 | 4:56:45 | 8:02 | 29 | 31:48 | 251 | 2:19:56 |
| Runde | 5.27 | 45:45 | 8:40 | 53 | 30:00 | 209 | 30:00 | 42.16 | 5:42:30 | 8:07 | 61 | 4:45:06 | 257 | 4:49:08 |