



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

## Detailed evaluation

**Metzler, Alex**

Club: Coolrunners-Germany  
Number: 245

Course: 42.16 km  
Marathon

Category:  
Männer M30

Total time: 5:52:53

Speed: 7.14 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 288 (of 311)

Rank in course/Men: 264 (of 279)

Best time in course: 3:02:44

Rank in category: 33(of 33)

Best time in the category: 3:37:39

### 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	36:29	6:55	28	12:00	226	14:46	5.27	36:29	6:55	17		270	5:56
Runde	5.27	38:29	7:18	33	14:02	250	16:46	10.54	1:14:58	7:06	17	0:22	265	31:32
Runde	5.27	37:24	7:05	32	13:25	230	15:09	15.81	1:52:22	7:06	17	2:22	264	46:41
Runde	5.27	40:10	7:37	32	14:43	238	17:22	21.08	2:32:32	7:14	17	6:20	265	1:04:03
Runde	5.27	45:02	8:32	33	18:31	257	22:26	26.35	3:17:34	7:29	17	14:28	265	1:26:29
Runde	5.27	49:54	9:28	32	21:41	261	27:22	31.62	4:07:28	7:49	17	24:55	265	1:53:51
Runde	5.27	51:49	9:49	30	21:46	261	28:37	36.89	4:59:17	8:06	17	37:16	263	2:22:28
Runde	5.27	53:36	10:10	32	25:04	270	37:51	42.16	5:52:53	8:22	33	2:15:14	269	4:59:31