



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

Detailed evaluation

Harnisch, Wolfgang

Club: Am Mellensee
Number: 121

Course: 42.16 km
Marathon

Category:
Männer M55

Total time: 5:58:28

Speed: 7.03 km/h
Running performance: 8:30 min/km

Rank in course/Total: 292 (of 311)

Rank in course/Men: 267 (of 279)

Best time in course: 3:02:44

Rank in category: 15(of 15)

Best time in the category: 4:16:29

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	38:16	7:15	12	10:35	250	16:33	5.27	38:16	7:15	15	10:35	272	7:43
Runde	5.27	37:27	7:06	11	9:31	235	15:44	10.54	1:15:43	7:11	15	20:06	267	32:17
Runde	5.27	37:16	7:04	8	8:45	225	15:01	15.81	1:52:59	7:08	15	28:51	267	47:18
Runde	5.27	40:50	7:44	12	11:13	248	18:02	21.08	2:33:49	7:17	15	40:04	267	1:05:20
Runde	5.27	47:08	8:56	15	17:01	267	24:32	26.35	3:20:57	7:37	15	55:05	267	1:29:52
Runde	5.27	51:14	9:43	15	18:58	269	28:42	31.62	4:12:11	7:58	15	1:09:09	267	1:58:34
Runde	5.27	53:22	10:07	15	17:25	266	30:10	36.89	5:05:33	8:16	15	1:25:15	266	2:28:44
Runde	5.27	52:55	10:02	14	16:44	269	37:10	42.16	5:58:28	8:30	15	1:41:59	273	5:05:06