



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

Detailed evaluation

Heinz, Wolfgang

Club: RV Viktoria Wombach
Number: 129

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:40:19

Speed: 7.86 km/h
Running performance: 7:37 min/km

Rank in course/Total: 46 (of 64)

Rank in course/Men: 38 (of 53)

Best time in course: 1:47:19

Rank in category: 7(of 11)

Best time in the category: 1:54:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	5.27	36:31	6:55	7	9:03	36	10:33	5.27	36:31	6:55	5	9:03	5		
Runde	5.27	36:35	6:56	7	7:24	34	10:24	10.54	1:13:06	6:56	5	16:27	5		
Runde	5.27	39:17	7:27	6	9:44	35	11:58	15.81	1:52:23	7:06	5	26:11	5		
Runde	5.27	47:56	9:05	9	19:21	47	47:28	21.08	2:40:19	7:36	7	45:32	38	53:00	