



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Fredrich, Wolfgang

Club: CaBa`s CaBaNauTeN
Number: 90

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:50:49

Speed: 7.38 km/h
Running performance: 8:06 min/km

Rank in course/Total: 54 (of 64)

Rank in course/Men: 45 (of 53)

Best time in course: 1:47:19

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	40:00	7:35	10	12:32	46	14:02	5.27	40:00	7:35	7	12:32	13	
Runde	5.27	41:06	7:47	10	11:55	46	14:55	10.54	1:21:06	7:41	7	24:27	9	
Runde	5.27	44:02	8:21	9	14:29	46	16:43	15.81	2:05:08	7:54	7	38:56	13	0:39
Runde	5.27	45:41	8:40	8	17:06	44	45:13	21.08	2:50:49	8:06	9	56:02	45	1:03:30