



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

Detailed evaluation

Graßhoff, Jens-Peter

Club: BARMER GEK Halberstadt
Number: 106

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:51:49

Speed: 7.36 km/h
Running performance: 8:09 min/km

Rank in course/Total: 55 (of 64)

Rank in course/Men: 46 (of 53)

Best time in course: 1:47:19

Rank in category: 10(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	38:57	7:23	9	11:29	43	12:59	5.27	38:57	7:23	8	11:29	14		
Runde	5.27	39:14	7:26	8	10:03	41	13:03	10.54	1:18:11	7:25	8	21:32	14		
Runde	5.27	45:02	8:32	11	15:29	48	17:43	15.81	2:03:13	7:47	8	37:01	14		
Runde	5.27	48:36	9:13	10	20:01	48	48:08	21.08	2:51:49	8:09	10	57:02	46	1:04:30	