



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

Detailed evaluation

Gläser, Kay-Olaf

Club: ESV Lok Berlin-Schöneweide
Number: 101

Course: 21.08 km
Halbmarathon

Category:
Männer M50

Total time: 2:59:15

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

Rank in course/Total: 61 (of 64)

Rank in course/Men: 51 (of 53)

Best time in course: 1:47:19

Rank in category: 6(of 7)

Best time in the category: 2:12:02

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	43:15	8:12	7	11:48	51	17:17	5.27	43:15	8:12	5	11:48	19	3:13
Runde	5.27	45:09	8:34	6	13:04	52	18:58	10.54	1:28:24	8:23	5	24:52	19	7:15
Runde	5.27	45:52	8:42	5	8:20	50	18:33	15.81	2:14:16	8:29	5	2:42	19	9:47
Runde	5.27	44:59	8:32	5	44:31	42	44:31	21.08	2:59:15	8:30	6	47:13	51	1:11:56