



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

Detailed evaluation

Quack, Reiner

Club: Berufsfeuerwehr Mönchengladbach
Number: 301

Course: 21.08 km
Halbmarathon

Category:
Männer M40

Total time: 2:18:48

Speed: 9.08 km/h
Running performance: 6:35 min/km

Rank in course/Total: 21 (of 64)

Rank in course/Men: 21 (of 53)

Best time in course: 1:47:19

Rank in category: 7(of 12)

Best time in the category: 1:50:01

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	34:37	6:34	7	7:20	21	8:39	5.27	34:37	6:34	11	7:20	21		
Runde	5.27	34:12	6:29	7	7:34	22	8:01	10.54	1:08:49	6:31	11	14:54	21		
Runde	5.27	34:28	6:32	8	7:09	22	7:09	15.81	1:43:17	6:31	11	22:03	21		
Runde	5.27	35:31	6:44	5	6:44	18	35:03	21.08	2:18:48	6:35	7	28:47	21	31:29	