



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

Detailed evaluation

Bechler, Ralf

Club: Rennsteiglaufverein
Number: 14

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:16:15

Speed: 9.48 km/h
Running performance: 6:13 min/km

Rank in course/Total: 3 (of 23)

Rank in course/Men: 3 (of 22)

Best time in course: 2:46:55

Rank in category: 1(of 6)

Best time in the category: 3:16:15

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	30:26	5:46	1	-	5	5:09	5.27	30:26	5:46	1	-	21	
Runde	5.27	30:46	5:50	1	-	4	3:57	10.54	1:01:12	5:48	1	-	21	
Runde	5.27	30:26	5:46	1	-	4	3:34	15.81	1:31:38	5:47	1	-	21	
Runde	5.27	31:04	5:53	1	-	3	3:08	21.08	2:02:42	5:49	1	-	21	
Runde	5.27	33:24	6:20	1	-	3	5:05	26.35	2:36:06	5:55	1	-	21	
Runde	5.27	40:09	7:37	1	-	4	9:01	31.62	3:16:15	6:12	1	-	3	29:20