



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

Detailed evaluation

Ruf, Dr. Peter

Club: Mühlheim a.D.  
Number: 323

Course: 21.08 km  
Halbmarathon

Category:  
Männer M45

Total time: 2:37:34

Speed: 8.00 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 41 (of 64)

Rank in course/Men: 35 (of 53)

Best time in course: 1:47:19

Rank in category: 5(of 11)

Best time in the category: 1:54:47

Intermediate times

Stage score

Total ranking

| Control | Intermediate times |            |              |          |             | Stage score |            |          |            | Total ranking |          |             |         |            |
|---------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|
|         | 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               | 59:58      | 11:22        | 11       | 32:30       | 52          | 34:00      | 5.27     | 59:58      | 11:22         | 10       | 32:30       | 24      | 19:56      |
| Runde   | 5.27               | 31:15      | 5:55         | 3        | 2:04        | 12          | 5:04       | 10.54    | 1:31:13    | 8:39          | 10       | 34:34       | 24      | 10:04      |
| Runde   | 5.27               | 31:49      | 6:02         | 2        | 2:16        | 12          | 4:30       | 15.81    | 2:03:02    | 7:46          | 10       | 36:50       | 24      |            |
| Runde   | 5.27               | 34:32      | 6:33         | 3        | 5:57        | 15          | 34:04      | 21.08    | 2:37:34    | 7:28          | 5        | 42:47       | 35      | 50:15      |