



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