



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

Detailed evaluation

Schiwon, Uwe

Club: Seestolperer Weißenstadt
Number: 334

Course: 31.62 km
3/4 Marathon

Category:
Männer M45

Total time: 3:37:21

Speed: 8.56 km/h
Running performance: 6:52 min/km

Rank in course/Total: 8 (of 23)

Rank in course/Men: 8 (of 22)

Best time in course: 2:46:55

Rank in category: 2(of 6)

Best time in the category: 3:16:15

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	34:46	6:35	6	4:20	16	9:29	5.27	34:46	6:35	2	4:20	16	1:11
Runde	5.27	33:32	6:21	3	2:46	13	6:43	10.54	1:08:18	6:28	2	7:06	16	0:58
Runde	5.27	33:37	6:22	2	3:11	11	6:45	15.81	1:41:55	6:26	2	10:17	16	1:05
Runde	5.27	35:26	6:43	3	4:22	11	7:30	21.08	2:17:21	6:30	2	14:39	16	
Runde	5.27	36:51	6:59	3	3:27	8	8:32	26.35	2:54:12	6:36	2	18:06	16	
Runde	5.27	43:09	8:11	2	3:00	8	12:01	31.62	3:37:21	6:52	2	21:06	8	50:26