



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Hauch, Rainer

Club: LSV Basel
Number: 123

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:38:59

Speed: 11.51 km/h
Running performance: 5:11 min/km

Rank in course/Total: 11 (of 311)

Rank in course/Men: 11 (of 279)

Best time in course: 3:02:44

Rank in category: 2(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | | Pos Cat. | Behind Cat. | Total ranking | |
|---------|----------|------------|--------------|----------|-------------|-------------|------------|----------|------------|--------------|----------|-------------|---------------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | | | Pos Men | Behind Men |
| Runde | 5.27 | 22:46 | 4:19 | 1 | - | 2 | 1:03 | 5.27 | 22:46 | 4:19 | 34 | | 16 | |
| Runde | 5.27 | 23:41 | 4:29 | 1 | - | 2 | 1:58 | 10.54 | 46:27 | 4:24 | 33 | | 11 | 3:01 |
| Runde | 5.27 | 24:43 | 4:41 | 1 | - | 4 | 2:28 | 15.81 | 1:11:10 | 4:30 | 33 | | 11 | 5:29 |
| Runde | 5.27 | 25:46 | 4:53 | 1 | - | 7 | 2:58 | 21.08 | 1:36:56 | 4:35 | 33 | | 11 | 8:27 |
| Runde | 5.27 | 27:04 | 5:08 | 2 | 0:34 | 11 | 4:28 | 26.35 | 2:04:00 | 4:42 | 33 | | 11 | 12:55 |
| Runde | 5.27 | 28:50 | 5:28 | 2 | 0:41 | 13 | 6:18 | 31.62 | 2:32:50 | 4:50 | 33 | | 11 | 19:13 |
| Runde | 5.27 | 32:35 | 6:10 | 8 | 4:08 | 36 | 9:23 | 36.89 | 3:05:25 | 5:01 | 33 | | 11 | 28:36 |
| Runde | 5.27 | 33:34 | 6:22 | 9 | 6:34 | 50 | 17:49 | 42.16 | 3:38:59 | 5:11 | 3 | 2:45:37 | 16 | 2:45:37 |