



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Seifferth, Michael

Club: Karlsruhe
Number: 197

Course: 21.34 km
Halbmarathon

Category:
Männer M20

Total time: 1:42:45

Speed: 12.26 km/h
Running performance: 4:49 min/km

Rank in course/Total: 4 (of 44)

Rank in course/Men: 4 (of 34)

Best time in course: 1:33:28

Rank in category: 1(of 2)

Best time in the category: 1:42:45

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	0.50	1:23	2:46	1	-	3	0:14	0.50	1:23	2:46	1	-	20	
Runde	3.47	15:32	4:28	1	-	2	1:31	3.97	16:55	4:15	1	-	20	
Runde	3.47	16:00	4:36	1	-	4	1:29	7.44	32:55	4:25	1	-	20	
Runde	3.47	17:11	4:57	1	-	4	2:29	10.91	50:06	4:35	1	-	20	
Runde	3.47	17:34	5:03	1	-	4	2:54	14.38	1:07:40	4:42	1	-	20	
Runde	3.47	18:06	5:12	1	-	4	2:50	17.85	1:25:46	4:48	1	-	20	
Finish	3.47	16:59	4:53	1	-	4	1:09	21.34	1:42:45	4:48	1	-	4	9:17