



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Rauch, Christian

Club: Düsseldorf
Number: 354

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 3:53:10

Speed: 10.81 km/h
Running performance: 5:32 min/km

Rank in course/Total: 46 (of 305)

Rank in course/Men: 44 (of 271)

Best time in course: 3:01:21

Rank in category: 5(of 34)

Best time in the category: 3:01:21

Intermediate times				Stage score				Total ranking						
Control	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	0.50	1:48	3:36	12	0:38	97	0:39	0.50	1:48	3:36	22		62	
Runde	3.47	20:10	5:48	23	6:04	171	6:39	3.97	21:58	5:31	22		62	
Runde	3.47	20:37	5:56	23	5:58	170	6:23	7.44	42:35	5:43	22		60	
Runde	3.47	19:54	5:44	19	5:08	127	16:45	10.91	1:02:29	5:43	22		59	
Runde	3.47	18:24	5:18	8	3:27	66	4:03	14.38	1:20:53	5:37	22		57	
Runde	3.47	18:44	5:23	9	3:49	64	4:19	17.85	1:39:37	5:34	22		56	5:35
Runde	3.47	18:32	5:20	7	3:34	46	3:57	21.32	1:58:09	5:32	22		55	31:01
Runde	3.47	18:32	5:20	5	4:00	38	4:00	24.79	2:16:41	5:30	22		55	34:38
Runde	3.47	18:55	5:27	3	4:30	32	4:30	28.26	2:35:36	5:30	22		50	38:19
Runde	3.47	18:59	5:28	4	4:00	25	4:00	31.73	2:54:35	5:30	22		48	41:04
Runde	3.47	19:45	5:41	3	4:18	26	4:18	35.20	3:14:20	5:31	22		44	40:10
Runde	3.47	20:21	5:51	4	4:07	28	4:29	38.67	3:34:41	5:33	22		43	49:33
Finish	3.47	18:29	5:19	3	2:16	12	2:53	42.18	3:53:10	5:31	5	51:49	44	51:49