



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Raber, Roland

Club: LLG Wustweiler
Number: 373

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 3:57:58

Speed: 10.59 km/h
Running performance: 5:38 min/km

Rank in course/Total: 55 (of 305)

Rank in course/Men: 51 (of 271)

Best time in course: 3:01:21

Rank in category: 15(of 57)

Best time in the category: 3:07:03

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	1:39	3:17	12	0:30	61	0:30	0.50	1:39	3:17	50		69	
Runde	3.47	16:55	4:52	13	3:24	46	3:24	3.97	18:34	4:40	50		69	
Runde	3.47	17:11	4:57	11	2:55	46	2:57	7.44	35:45	4:48	48		67	
Runde	3.47	17:19	4:59	11	14:10	41	14:10	10.91	53:04	4:51	48		66	
Runde	3.47	17:56	5:10	14	3:04	53	3:35	14.38	1:11:00	4:56	48		64	
Runde	3.47	18:22	5:17	16	3:34	54	3:57	17.85	1:29:22	5:00	47		63	
Runde	3.47	18:50	5:25	15	3:54	50	4:15	21.32	1:48:12	5:04	47		62	21:04
Runde	3.47	19:31	5:37	14	4:21	55	4:59	24.79	2:07:43	5:09	47		62	25:40
Runde	3.47	21:53	6:18	24	6:03	102	7:28	28.26	2:29:36	5:17	42		57	32:19
Runde	3.47	23:23	6:44	30	7:09	123	8:24	31.73	2:52:59	5:27	42		55	39:28
Runde	3.47	23:25	6:44	21	6:43	99	7:58	35.20	3:16:24	5:34	41		51	42:14
Runde	3.47	21:42	6:15	13	4:25	52	5:50	38.67	3:38:06	5:38	41		50	52:58
Finish	3.47	19:52	5:43	8	2:27	26	4:16	42.18	3:57:58	5:38	15	50:55	51	56:37