



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Grugel, Martin

Club: LG Mauerweg Berlin .e.V.
Number: 230

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 3:58:27

Speed: 10.57 km/h
Running performance: 5:39 min/km

Rank in course/Total: 58 (of 305)

Rank in course/Men: 54 (of 271)

Best time in course: 3:01:21

Rank in category: 10(of 54)

Best time in the category: 3:11:42

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	2:16	4:31	42	1:07	193	1:07	0.50	2:16	4:31	40	0:32	72	
Runde	3.47	19:05	5:29	26	5:00	115	5:34	3.97	21:21	5:22	40		72	
Runde	3.47	18:43	5:23	22	4:18	94	4:29	7.44	40:04	5:23	2		70	
Runde	3.47	19:46	5:41	27	5:16	118	16:37	10.91	59:50	5:29	39		69	
Runde	3.47	18:50	5:25	16	4:29	79	4:29	14.38	1:18:40	5:28	37		67	
Runde	3.47	18:49	5:25	14	4:00	66	4:24	17.85	1:37:29	5:27	37		66	3:27
Runde	3.47	19:36	5:38	14	4:36	76	5:01	21.32	1:57:05	5:29	37		65	29:57
Runde	3.47	19:29	5:36	9	3:43	53	4:57	24.79	2:16:34	5:30	37		65	34:31
Runde	3.47	19:34	5:38	8	3:01	42	5:09	28.26	2:36:08	5:31	37		60	38:51
Runde	3.47	20:00	5:45	6	2:30	41	5:01	31.73	2:56:08	5:33	36		58	42:37
Runde	3.47	21:00	6:03	6	3:07	42	5:33	35.20	3:17:08	5:36	36		54	42:58
Runde	3.47	20:30	5:54	4	2:55	30	4:38	38.67	3:37:38	5:37	36		53	52:30
Finish	3.47	20:49	5:59	6	3:53	46	5:13	42.18	3:58:27	5:39	10	46:45	54	57:06