



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Schliwa, Sebastian

Club: Gebrüder Schliwa
Number: 355

Course: 42.18 km
Marathon

Category:
Männer M20

Total time: 3:37:06

Speed: 11.61 km/h
Running performance: 5:09 min/km

Rank in course/Total: 23 (of 305)

Rank in course/Men: 23 (of 271)

Best time in course: 3:01:21

Rank in category: 4(of 23)

Best time in the category: 3:15:22

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	1:34	3:07	10	0:25	55	0:25	0.50	1:34	3:07	16		55	
Runde	3.47	18:06	5:12	10	4:27	82	4:35	3.97	19:40	4:57	16		77	
Runde	3.47	16:49	4:50	9	2:33	41	2:35	7.44	36:29	4:54	16		65	
Runde	3.47	16:48	4:50	9	2:31	34	13:39	10.91	53:17	4:53	16		74	
Runde	3.47	17:27	5:01	9	3:02	41	3:06	14.38	1:10:44	4:55	16		72	
Runde	3.47	17:09	4:56	6	2:44	23	2:44	17.85	1:27:53	4:55	16		71	
Runde	3.47	16:53	4:51	4	2:18	15	2:18	21.32	1:44:46	4:54	16		70	17:38
Runde	3.47	17:06	4:55	4	2:11	13	2:34	24.79	2:01:52	4:54	16		70	19:49
Runde	3.47	17:41	5:05	4	2:27	16	3:16	28.26	2:19:33	4:56	16		65	22:16
Runde	3.47	18:10	5:14	4	1:56	18	3:11	31.73	2:37:43	4:58	16		63	24:12
Runde	3.47	18:25	5:18	3	0:44	15	2:58	35.20	2:56:08	5:00	16		59	21:58
Runde	3.47	19:34	5:38	5	1:11	20	3:42	38.67	3:15:42	5:03	16		58	30:34
Finish	3.47	21:24	6:10	12	5:17	58	5:48	42.18	3:37:06	5:08	4	21:44	23	35:45