



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Meikstat, Gunnar

Club: Berlin
Number: 300

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:01:21

Speed: 10.44 km/h
Running performance: 5:43 min/km

Rank in course/Total: 65 (of 305)

Rank in course/Men: 61 (of 271)

Best time in course: 3:01:21

Rank in category: 8(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	2:04	4:08	19	0:54	155	0:55	0.50	2:04	4:08	8		80	
Runde	3.47	16:57	4:53	7	2:51	47	3:26	3.97	19:01	4:47	25		80	
Runde	3.47	17:07	4:55	7	2:28	45	2:53	7.44	36:08	4:51	25		78	
Runde	3.47	17:25	5:01	5	2:39	45	14:16	10.91	53:33	4:54	25		77	
Runde	3.47	17:43	5:06	6	2:46	46	3:22	14.38	1:11:16	4:57	25		75	
Runde	3.47	18:11	5:14	6	3:16	50	3:46	17.85	1:29:27	5:00	25		74	
Runde	3.47	19:14	5:32	10	4:16	62	4:39	21.32	1:48:41	5:05	25		73	21:33
Runde	3.47	20:17	5:50	11	5:45	73	5:45	24.79	2:08:58	5:12	25		73	26:55
Runde	3.47	21:18	6:08	12	6:53	80	6:53	28.26	2:30:16	5:19	25		68	32:59
Runde	3.47	23:23	6:44	17	8:24	123	8:24	31.73	2:53:39	5:28	25		66	40:08
Runde	3.47	22:01	6:20	6	6:34	61	6:34	35.20	3:15:40	5:33	25		62	41:30
Runde	3.47	22:18	6:25	7	6:04	58	6:26	38.67	3:37:58	5:38	25		61	52:50
Finish	3.47	23:23	6:44	11	7:10	99	7:47	42.18	4:01:21	5:43	8	1:00:00	61	1:00:00