



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Heck, Michael

Club: Vorwärts Köln
Number: 257

Course: 42.18 km
Marathon

Category:
Männer M35

Total time: 4:06:02

Speed: 10.24 km/h
Running performance: 5:50 min/km

Rank in course/Total: 70 (of 305)

Rank in course/Men: 66 (of 271)

Best time in course: 3:01:21

Rank in category: 9(of 32)

Best time in the category: 3:05:20

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	1:25	2:50	5	0:16	36	0:16	0.50	1:25	2:50	24		37	
Runde	3.47	17:02	4:54	6	2:49	50	3:31	3.97	18:27	4:38	24		85	
Runde	3.47	18:04	5:12	7	3:37	66	3:50	7.44	36:31	4:54	24		83	
Runde	3.47	18:07	5:13	7	3:15	63	14:58	10.91	54:38	5:00	24		82	
Runde	3.47	17:47	5:07	6	2:38	49	3:26	14.38	1:12:25	5:02	24		80	
Runde	3.47	18:29	5:19	7	3:05	56	4:04	17.85	1:30:54	5:05	24		79	
Runde	3.47	19:22	5:34	9	3:45	65	4:47	21.32	1:50:16	5:10	24		78	23:08
Runde	3.47	20:07	5:47	9	4:37	68	5:35	24.79	2:10:23	5:15	24		78	28:20
Runde	3.47	20:01	5:46	9	4:14	56	5:36	28.26	2:30:24	5:19	24		73	33:07
Runde	3.47	22:39	6:31	14	6:56	106	7:40	31.73	2:53:03	5:27	24		62	39:32
Runde	3.47	23:41	6:49	16	7:54	113	8:14	35.20	3:16:44	5:35	24		67	42:34
Runde	3.47	24:20	7:00	15	8:28	103	8:28	38.67	3:41:04	5:43	24		66	55:56
Finish	3.47	24:58	7:11	19	9:22	134	9:22	42.18	4:06:02	5:49	9	1:00:42	66	1:04:41