



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Zabel, Dirk

Club: TC Merseburg
Number: 187

Course: 21.34 km
Halbmarathon

Category:
Männer M40

Total time: 1:54:41

Speed: 10.99 km/h
Running performance: 5:22 min/km

Rank in course/Total: 6 (of 44)

Rank in course/Men: 6 (of 34)

Best time in course: 1:33:28

Rank in category: 1(of 2)

Best time in the category: 1:54:41

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	2:54	5:47	2	0:40	31	1:45	0.50	2:54	5:47	1	-	23	1:15
Runde	3.47	16:12	4:40	1	-	4	2:11	3.97	19:06	4:48	1	-	23	
Runde	3.47	18:34	5:21	1	-	6	4:03	7.44	37:40	5:03	1	-	23	
Runde	3.47	19:22	5:34	1	-	6	4:40	10.91	57:02	5:13	1	-	23	
Runde	3.47	19:48	5:42	1	-	7	5:08	14.38	1:16:50	5:20	1	-	23	
Runde	3.47	18:41	5:23	1	-	5	3:25	17.85	1:35:31	5:21	1	-	23	
Finish	3.47	19:10	5:31	1	-	6	3:20	21.34	1:54:41	5:22	1	-	6	21:13