



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Plewan, Steffen

Club: Pulsschlag Neuhausen Erzgebirge
Number: 242

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:09:34

Speed: 10.10 km/h
Running performance: 5:55 min/km

Rank in course/Total: 80 (of 305)

Rank in course/Men: 75 (of 271)

Best time in course: 3:01:21

Rank in category: 19(of 57)

Best time in the category: 3:07:03

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	2:05	4:10	37	0:56	161	0:56	0.50	2:05	4:10	13		75	
Runde	3.47	17:56	5:10	22	4:25	75	4:25	3.97	20:01	5:02	54		94	
Runde	3.47	18:08	5:13	18	3:52	69	3:54	7.44	38:09	5:07	35		25	
Runde	3.47	18:11	5:14	19	15:02	65	15:02	10.91	56:20	5:09	52		91	
Runde	3.47	18:36	5:21	19	3:44	72	4:15	14.38	1:14:56	5:12	52		89	
Runde	3.47	19:02	5:29	19	4:14	72	4:37	17.85	1:33:58	5:15	51		88	
Runde	3.47	20:06	5:47	20	5:10	92	5:31	21.32	1:54:04	5:21	51		87	26:56
Runde	3.47	20:53	6:01	21	5:43	87	6:21	24.79	2:14:57	5:26	51		87	32:54
Runde	3.47	21:50	6:17	23	6:00	98	7:25	28.26	2:36:47	5:32	46		82	39:30
Runde	3.47	23:21	6:43	29	7:07	122	8:22	31.73	3:00:08	5:40	46		80	46:37
Runde	3.47	23:19	6:43	20	6:37	94	7:52	35.20	3:23:27	5:46	45		76	49:17
Runde	3.47	23:08	6:39	17	5:51	76	7:16	38.67	3:46:35	5:51	45		75	1:01:27
Finish	3.47	22:59	6:37	18	5:34	92	7:23	42.18	4:09:34	5:55	19	1:02:31	75	1:08:13