



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Diederichsen, Malte

Club: Hannover 96
Number: 152

Course: 42.18 km
Marathon

Category:
Männer M20

Total time: 4:13:11

Speed: 9.95 km/h
Running performance: 6:00 min/km

Rank in course/Total: 87 (of 305)

Rank in course/Men: 82 (of 271)

Best time in course: 3:01:21

Rank in category: 9(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	1:37	3:14	11	0:28	60	0:28	0.50	1:37	3:14	1	-	101	
Runde	3.47	19:18	5:33	13	5:39	124	5:47	3.97	20:55	5:16	1	-	101	
Runde	3.47	20:23	5:52	16	6:07	161	6:09	7.44	41:18	5:33	1	-	99	
Runde	3.47	19:42	5:40	13	5:25	116	16:33	10.91	1:01:00	5:35	1	-	98	
Runde	3.47	20:16	5:50	14	5:51	127	5:55	14.38	1:21:16	5:39	1	-	96	
Runde	3.47	20:01	5:46	13	5:36	105	5:36	17.85	1:41:17	5:40	1	-	95	7:15
Runde	3.47	20:06	5:47	12	5:31	92	5:31	21.32	2:01:23	5:41	1	-	94	34:15
Runde	3.47	20:05	5:47	10	5:10	67	5:33	24.79	2:21:28	5:42	1	-	94	39:25
Runde	3.47	19:47	5:42	7	4:33	50	5:22	28.26	2:41:15	5:42	1	-	89	43:58
Runde	3.47	22:44	6:33	12	6:30	108	7:45	31.73	3:03:59	5:47	1	-	87	50:28
Runde	3.47	24:02	6:55	13	6:21	123	8:35	35.20	3:28:01	5:54	13		83	53:51
Runde	3.47	24:12	6:58	11	5:49	98	8:20	38.67	3:52:13	6:00	13		82	1:07:05
Finish	3.47	20:58	6:02	10	4:51	50	5:22	42.18	4:13:11	6:00	9	57:49	82	1:11:50