



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Withöft, Holger

Club: VfL Börnsen
Number: 108

Course: 42.18 km
Marathon

Category:
Männer M55

Total time: 4:14:30

Speed: 9.90 km/h
Running performance: 6:02 min/km

Rank in course/Total: 94 (of 305)

Rank in course/Men: 88 (of 271)

Best time in course: 3:01:21

Rank in category: 4(of 12)

Best time in the category: 3:17:56

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	2	0:10	36	0:16	0.50	1:25	2:50	4	0:10	37	
Runde	3.47	17:43	5:06	3	2:30	69	4:12	3.97	19:08	4:49	4	2:40	107	
Runde	3.47	19:03	5:29	3	3:37	104	4:49	7.44	38:11	5:07	4	6:17	105	
Runde	3.47	20:08	5:48	5	4:18	140	16:59	10.91	58:19	5:20	4	10:35	104	
Runde	3.47	20:35	5:55	5	4:24	144	6:14	14.38	1:18:54	5:29	4	14:59	102	
Runde	3.47	20:11	5:48	5	3:57	109	5:46	17.85	1:39:05	5:33	4	18:56	101	5:03
Runde	3.47	20:22	5:52	5	3:54	103	5:47	21.32	1:59:27	5:36	4	22:50	100	32:19
Runde	3.47	20:38	5:56	3	4:02	80	6:06	24.79	2:20:05	5:39	4	26:52	100	38:02
Runde	3.47	21:34	6:12	3	4:31	88	7:09	28.26	2:41:39	5:43	4	31:23	95	44:22
Runde	3.47	22:27	6:28	5	5:18	97	7:28	31.73	3:04:06	5:48	4	36:41	93	50:35
Runde	3.47	23:27	6:45	5	5:57	100	8:00	35.20	3:27:33	5:53	4	42:38	89	53:23
Runde	3.47	23:27	6:45	3	7:02	82	7:35	38.67	3:51:00	5:58	4	49:40	88	1:05:52
Finish	3.47	23:30	6:46	5	6:54	103	7:54	42.18	4:14:30	6:02	4	56:34	88	1:13:09