



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Henke, Thomas

Club: Tria Echterdingen
Number: 127

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:16:16

Speed: 9.83 km/h
Running performance: 6:04 min/km

Rank in course/Total: 100 (of 305)

Rank in course/Men: 94 (of 271)

Best time in course: 3:01:21

Rank in category: 20(of 54)

Best time in the category: 3:11:42

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	2:11	4:21	38	1:02	178	1:02	0.50	2:11	4:21	50	0:27	114	
Runde	3.47	18:32	5:20	22	4:27	96	5:01	3.97	20:43	5:13	50		114	
Runde	3.47	18:20	5:17	16	3:55	78	4:06	7.44	39:03	5:14	50		112	
Runde	3.47	18:15	5:15	13	3:45	67	15:06	10.91	57:18	5:15	49		111	
Runde	3.47	18:16	5:15	13	3:55	61	3:55	14.38	1:15:34	5:15	47		109	
Runde	3.47	19:10	5:31	17	4:21	77	4:45	17.85	1:34:44	5:18	47		108	0:42
Runde	3.47	19:41	5:40	19	4:41	83	5:06	21.32	1:54:25	5:21	47		72	27:17
Runde	3.47	21:50	6:17	24	6:04	121	7:18	24.79	2:16:15	5:29	47		68	34:12
Runde	3.47	23:31	6:46	30	6:58	157	9:06	28.26	2:39:46	5:39	47		102	42:29
Runde	3.47	23:29	6:46	20	5:59	125	8:30	31.73	3:03:15	5:46	46		100	49:44
Runde	3.47	23:55	6:53	19	6:02	121	8:28	35.20	3:27:10	5:53	46		96	53:00
Runde	3.47	24:44	7:07	19	7:09	116	8:52	38.67	3:51:54	5:59	46		95	1:06:46
Finish	3.47	24:22	7:01	20	7:26	119	8:46	42.18	4:16:16	6:04	20	1:04:34	94	1:14:55