



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 |