



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Notz, Johannes

Club: BSG Flughafen Stuttgart
Number: 28

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:18:00

Speed: 9.77 km/h
Running performance: 6:07 min/km

Rank in course/Total: 106 (of 305)

Rank in course/Men: 100 (of 271)

Best time in course: 3:01:21

Rank in category: 24(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	2:31	5:01	50	1:22	235	1:22	0.50	2:31	5:01	2	0:18	1	-
Runde	3.47	20:20	5:51	44	6:49	176	6:49	3.97	22:51	5:45	2	1:10	121	
Runde	3.47	20:16	5:50	37	6:00	157	6:02	7.44	43:07	5:47	12	2:47	119	
Runde	3.47	20:07	5:47	33	16:58	138	16:58	10.91	1:03:14	5:47	15	3:39	118	
Runde	3.47	20:14	5:49	30	5:22	123	5:53	14.38	1:23:28	5:48	15	4:12	116	
Runde	3.47	20:13	5:49	25	5:25	111	5:48	17.85	1:43:41	5:48	15	3:48	115	9:39
Runde	3.47	20:11	5:48	22	5:15	97	5:36	21.32	2:03:52	5:48	15	2:24	114	36:44
Runde	3.47	20:38	5:56	19	5:28	80	6:06	24.79	2:24:30	5:49	15		114	42:27
Runde	3.47	21:14	6:07	19	5:24	79	6:49	28.26	2:45:44	5:51	51		109	48:27
Runde	3.47	22:27	6:28	21	6:13	97	7:28	31.73	3:08:11	5:55	51		107	54:40
Runde	3.47	23:30	6:46	22	6:48	102	8:03	35.20	3:31:41	6:00	48		97	57:31
Runde	3.47	23:36	6:48	18	6:19	85	7:44	38.67	3:55:17	6:05	50		102	1:10:09
Finish	3.47	22:43	6:32	17	5:18	86	7:07	42.18	4:18:00	6:06	24	1:10:57	100	1:16:39