



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Hagel, Thomas

Club: Endorphinjunkies.de Dortmund
Number: 214

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:21:08

Speed: 9.65 km/h
Running performance: 6:11 min/km

Rank in course/Total: 113 (of 305)

Rank in course/Men: 106 (of 271)

Best time in course: 3:01:21

Rank in category: 26(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 | 2:06 | 4:12 | 39 | 0:57 | 165 | 0:57 | 0.50 | 2:06 | 4:12 | 4 | | 4 | |
| Runde | 3.47 | 19:53 | 5:43 | 39 | 6:22 | 155 | 6:22 | 3.97 | 21:59 | 5:32 | 4 | 0:18 | 126 | |
| Runde | 3.47 | 19:28 | 5:36 | 27 | 5:12 | 115 | 5:14 | 7.44 | 41:27 | 5:34 | 3 | 1:07 | 124 | |
| Runde | 3.47 | 20:03 | 5:46 | 31 | 16:54 | 134 | 16:54 | 10.91 | 1:01:30 | 5:38 | 3 | 1:55 | 123 | |
| Runde | 3.47 | 20:14 | 5:49 | 30 | 5:22 | 123 | 5:53 | 14.38 | 1:21:44 | 5:41 | 3 | 2:28 | 121 | |
| Runde | 3.47 | 20:42 | 5:57 | 32 | 5:54 | 134 | 6:17 | 17.85 | 1:42:26 | 5:44 | 3 | 2:33 | 5 | 8:24 |
| Runde | 3.47 | 21:04 | 6:04 | 29 | 6:08 | 127 | 6:29 | 21.32 | 2:03:30 | 5:47 | 3 | 2:02 | 119 | 36:22 |
| Runde | 3.47 | 21:33 | 6:12 | 27 | 6:23 | 114 | 7:01 | 24.79 | 2:25:03 | 5:51 | 3 | 0:24 | 119 | 43:00 |
| Runde | 3.47 | 22:04 | 6:21 | 26 | 6:14 | 106 | 7:39 | 28.26 | 2:47:07 | 5:54 | 14 | | 114 | 49:50 |
| Runde | 3.47 | 23:04 | 6:38 | 26 | 6:50 | 118 | 8:05 | 31.73 | 3:10:11 | 5:59 | 14 | | 112 | 56:40 |
| Runde | 3.47 | 23:31 | 6:46 | 23 | 6:49 | 103 | 8:04 | 35.20 | 3:33:42 | 6:04 | 14 | | 108 | 59:32 |
| Runde | 3.47 | 23:55 | 6:53 | 21 | 6:38 | 94 | 8:03 | 38.67 | 3:57:37 | 6:08 | 14 | | 107 | 1:12:29 |
| Finish | 3.47 | 23:31 | 6:46 | 21 | 6:06 | 104 | 7:55 | 42.18 | 4:21:08 | 6:11 | 26 | 1:14:05 | 106 | 1:19:47 |