



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

Ranne, Raschid

Club: Eldagsen  
Number: 238

Course: 42.18 km  
Marathon

Category:  
Männer M40

Total time: 4:23:15

Speed: 9.57 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 119 (of 305)

Rank in course/Men: 111 (of 271)

Best time in course: 3:01:21

Rank in category: 21(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	2:00	4:00	26	0:51	135	0:51	0.50	2:00	4:00	51	0:16	81	
Runde	3.47	19:35	5:38	30	5:30	137	6:04	3.97	21:35	5:26	51		131	
Runde	3.47	19:39	5:39	29	5:14	124	5:25	7.44	41:14	5:32	51		129	
Runde	3.47	19:36	5:38	22	5:06	107	16:27	10.91	1:00:50	5:34	50		128	
Runde	3.47	19:49	5:42	24	5:28	106	5:28	14.38	1:20:39	5:36	48		126	
Runde	3.47	19:47	5:42	19	4:58	95	5:22	17.85	1:40:26	5:37	48		125	6:24
Runde	3.47	20:10	5:48	21	5:10	96	5:35	21.32	2:00:36	5:39	48		124	33:28
Runde	3.47	21:26	6:10	21	5:40	110	6:54	24.79	2:22:02	5:43	48		124	39:59
Runde	3.47	22:36	6:30	21	6:03	125	8:11	28.26	2:44:38	5:49	48		119	47:21
Runde	3.47	24:15	6:59	26	6:45	150	9:16	31.73	3:08:53	5:57	47		117	55:22
Runde	3.47	25:04	7:13	29	7:11	148	9:37	35.20	3:33:57	6:04	47		113	59:47
Runde	3.47	25:05	7:13	22	7:30	129	9:13	38.67	3:59:02	6:10	47		112	1:13:54
Finish	3.47	24:13	6:58	19	7:17	117	8:37	42.18	4:23:15	6:14	21	1:11:33	111	1:21:54