



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Goldmann, Nino

Club: Blau Weiß Rädels
Number: 58

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:23:34

Speed: 9.56 km/h
Running performance: 6:15 min/km

Rank in course/Total: 121 (of 305)

Rank in course/Men: 113 (of 271)

Best time in course: 3:01:21

Rank in category: 16(of 34)

Best time in the category: 3:01:21

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	1:53	3:46	15	0:43	116	0:44	0.50	1:53	3:46	34		70	
Runde	3.47	18:26	5:18	11	4:20	93	4:55	3.97	20:19	5:07	34		133	
Runde	3.47	18:48	5:25	13	4:09	98	4:34	7.44	39:07	5:15	34		131	
Runde	3.47	19:02	5:29	13	4:16	89	15:53	10.91	58:09	5:19	34		130	
Runde	3.47	19:45	5:41	18	4:48	104	5:24	14.38	1:17:54	5:25	34		128	
Runde	3.47	19:46	5:41	15	4:51	93	5:21	17.85	1:37:40	5:28	34		127	3:38
Runde	3.47	20:32	5:55	16	5:34	111	5:57	21.32	1:58:12	5:32	34		126	31:04
Runde	3.47	20:46	5:59	13	6:14	83	6:14	24.79	2:18:58	5:36	34		126	36:55
Runde	3.47	22:03	6:21	16	7:38	104	7:38	28.26	2:41:01	5:41	34		121	43:44
Runde	3.47	22:33	6:29	14	7:34	100	7:34	31.73	3:03:34	5:47	34		119	50:03
Runde	3.47	24:25	7:02	16	8:58	133	8:58	35.20	3:27:59	5:54	34		115	53:49
Runde	3.47	26:43	7:41	26	10:29	170	10:51	38.67	3:54:42	6:04	34		114	1:09:34
Finish	3.47	28:52	8:19	28	12:39	206	13:16	42.18	4:23:34	6:14	16	1:22:13	113	1:22:13