



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Giese, Kay

Club: Post SV Buxtehude
Number: 84

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:24:04

Speed: 9.54 km/h
Running performance: 6:16 min/km

Rank in course/Total: 123 (of 305)

Rank in course/Men: 115 (of 271)

Best time in course: 3:01:21

Rank in category: 22(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	17:00	4:53	8	2:55	49	3:29	3.97	19:00	4:47	52		135	
Runde	3.47	18:22	5:17	17	3:57	80	4:08	7.44	37:22	5:01	52		133	
Runde	3.47	19:41	5:40	26	5:11	115	16:32	10.91	57:03	5:13	51		132	
Runde	3.47	20:31	5:54	29	6:10	140	6:10	14.38	1:17:34	5:23	49		130	
Runde	3.47	21:50	6:17	37	7:01	175	7:25	17.85	1:39:24	5:34	49		129	5:22
Runde	3.47	21:50	6:17	34	6:50	159	7:15	21.32	2:01:14	5:41	49		128	34:06
Runde	3.47	22:43	6:32	33	6:57	160	8:11	24.79	2:23:57	5:48	49		128	41:54
Runde	3.47	23:11	6:40	25	6:38	141	8:46	28.26	2:47:08	5:54	49		123	49:51
Runde	3.47	24:10	6:57	24	6:40	144	9:11	31.73	3:11:18	6:01	48		121	57:47
Runde	3.47	24:16	6:59	24	6:23	130	8:49	35.20	3:35:34	6:07	48		117	1:01:24
Runde	3.47	24:57	7:11	21	7:22	122	9:05	38.67	4:00:31	6:13	48		116	1:15:23
Finish	3.47	23:33	6:47	15	6:37	105	7:57	42.18	4:24:04	6:15	22	1:12:22	115	1:22:43