



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Kluschat, Bernie

Club: Essen
Number: 184

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:24:09

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

Rank in course/Total: 124 (of 305)

Rank in course/Men: 116 (of 271)

Best time in course: 3:01:21

Rank in category: 28(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	2:36	5:12	52	1:27	248	1:27	0.50	2:36	5:12	6	0:23	136	0:05
Runde	3.47	21:04	6:04	49	7:33	201	7:33	3.97	23:40	5:57	6	1:59	136	
Runde	3.47	21:10	6:05	45	6:54	190	6:56	7.44	44:50	6:01	5	4:30	134	0:16
Runde	3.47	20:14	5:49	35	17:05	146	17:05	10.91	1:05:04	5:57	5	5:29	133	
Runde	3.47	20:01	5:46	26	5:09	113	5:40	14.38	1:25:05	5:55	5	5:49	131	
Runde	3.47	19:45	5:41	23	4:57	92	5:20	17.85	1:44:50	5:52	5	4:57	130	10:48
Runde	3.47	20:20	5:51	23	5:24	100	5:45	21.32	2:05:10	5:52	5	3:42	129	38:02
Runde	3.47	21:04	6:04	23	5:54	95	6:32	24.79	2:26:14	5:53	5	1:35	129	44:11
Runde	3.47	22:03	6:21	25	6:13	104	7:38	28.26	2:48:17	5:57	3		124	51:00
Runde	3.47	22:26	6:27	20	6:12	95	7:27	31.73	3:10:43	6:00	3		122	57:12
Runde	3.47	23:49	6:51	28	7:07	120	8:22	35.20	3:34:32	6:05	3		118	1:00:22
Runde	3.47	24:31	7:03	24	7:14	110	8:39	38.67	3:59:03	6:10	3		117	1:13:55
Finish	3.47	25:06	7:14	29	7:41	140	9:30	42.18	4:24:09	6:15	28	1:17:06	116	1:22:48