



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Seibold, Stefan**

Club: Die Kaldtducher  
Number: 306

Course: 21.34 km  
Halbmarathon

Category:  
Männer M45

Total time: 2:13:46

Speed: 9.42 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 12 (of 44)

Rank in course/Men: 12 (of 34)

Best time in course: 1:33:28

Rank in category: 6(of 12)

Best time in the category: 1:33:28

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	2:04	4:08	6	0:55	12	0:55	0.50	2:04	4:08	6	0:55	29	0:25
Runde	3.47	20:45	5:58	7	6:44	16	6:44	3.97	22:49	5:44	6	7:39	29	3:35
Runde	3.47	21:05	6:04	7	6:34	15	6:34	7.44	43:54	5:54	6	14:13	29	6:05
Runde	3.47	21:13	6:06	5	6:31	13	6:31	10.91	1:05:07	5:58	6	20:12	29	7:56
Runde	3.47	22:11	6:23	6	7:31	14	7:31	14.38	1:27:18	6:04	5	26:42	28	10:26
Runde	3.47	22:58	6:37	5	7:42	13	7:42	17.85	1:50:16	6:10	6	33:30	29	12:11
Finish	3.47	23:30	6:46	5	7:40	10	7:40	21.34	2:13:46	6:16	6	40:18	12	40:18