



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Trenkhorst, Heiko**

Club: TV Sottrum  
Number: 342

Course: 42.18 km  
Marathon

Category:  
Männer M40

Total time: 4:26:50

Speed: 9.44 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 133 (of 305)

Rank in course/Men: 125 (of 271)

Best time in course: 3:01:21

Rank in category: 23(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	1:28	2:55	7	0:19	43	0:19	0.50	1:28	2:55	53		145	
Runde	3.47	17:51	5:08	15	3:46	72	4:20	3.97	19:19	4:51	53		145	
Runde	3.47	19:19	5:34	25	4:54	109	5:05	7.44	38:38	5:11	53		143	
Runde	3.47	20:25	5:53	34	5:55	155	17:16	10.91	59:03	5:24	52		142	
Runde	3.47	20:27	5:53	28	6:06	136	6:06	14.38	1:19:30	5:31	50		140	
Runde	3.47	20:52	6:00	32	6:03	145	6:27	17.85	1:40:22	5:37	50		139	6:20
Runde	3.47	21:07	6:05	26	6:07	129	6:32	21.32	2:01:29	5:41	50		138	34:21
Runde	3.47	22:26	6:27	30	6:40	142	7:54	24.79	2:23:55	5:48	50		138	41:52
Runde	3.47	23:19	6:43	28	6:46	149	8:54	28.26	2:47:14	5:55	50		133	49:57
Runde	3.47	23:54	6:53	21	6:24	133	8:55	31.73	3:11:08	6:01	49		131	57:37
Runde	3.47	24:10	6:57	21	6:17	125	8:43	35.20	3:35:18	6:06	49		127	1:01:08
Runde	3.47	24:19	7:00	14	6:44	101	8:27	38.67	3:59:37	6:11	49		126	1:14:29
Finish	3.47	27:13	7:50	33	10:17	183	11:37	42.18	4:26:50	6:19	23	1:15:08	125	1:25:29