



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Schön, Christian

Club: Lebensfitness e.V.
Number: 283

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:29:40

Speed: 9.34 km/h
Running performance: 6:23 min/km

Rank in course/Total: 146 (of 305)

Rank in course/Men: 137 (of 271)

Best time in course: 3:01:21

Rank in category: 31(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	1:47	3:34	20	0:38	94	0:38	0.50	1:47	3:34	9		56	
Runde	3.47	17:54	5:09	21	4:23	74	4:23	3.97	19:41	4:57	9		157	
Runde	3.47	17:58	5:10	17	3:42	64	3:44	7.44	37:39	5:03	8		155	
Runde	3.47	18:15	5:15	20	15:06	67	15:06	10.91	55:54	5:07	8		154	
Runde	3.47	18:39	5:22	20	3:47	73	4:18	14.38	1:14:33	5:11	8		152	
Runde	3.47	19:00	5:28	18	4:12	71	4:35	17.85	1:33:33	5:14	8		151	
Runde	3.47	20:08	5:48	21	5:12	95	5:33	21.32	1:53:41	5:19	8		150	26:33
Runde	3.47	20:49	5:59	20	5:39	84	6:17	24.79	2:14:30	5:25	8		150	32:27
Runde	3.47	22:15	6:24	28	6:25	113	7:50	28.26	2:36:45	5:32	6		145	39:28
Runde	3.47	23:58	6:54	32	7:44	139	8:59	31.73	3:00:43	5:41	6		143	47:12
Runde	3.47	26:00	7:29	37	9:18	174	10:33	35.20	3:26:43	5:52	6		139	52:33
Runde	3.47	31:09	8:58	47	13:52	234	15:17	38.67	3:57:52	6:09	6		138	1:12:44
Finish	3.47	31:48	9:09	45	14:23	229	16:12	42.18	4:29:40	6:23	31	1:22:37	137	1:28:19