



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Gebes, Norbert

Club: Bad Lauchstädt
Number: 33

Course: 42.18 km
Marathon

Category:
Männer M50

Total time: 4:31:06

Speed: 9.30 km/h
Running performance: 6:26 min/km

Rank in course/Total: 151 (of 305)

Rank in course/Men: 141 (of 271)

Best time in course: 3:01:21

Rank in category: 19(of 47)

Best time in the category: 3:13:15

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	2:40	5:19	43	1:29	260	1:31	0.50	2:40	5:19	47	0:42	161	0:09
Runde	3.47	19:20	5:34	15	4:14	126	5:49	3.97	22:00	5:32	47	1:28	161	
Runde	3.47	20:29	5:54	22	5:39	165	6:15	7.44	42:29	5:42	45	1:25	159	
Runde	3.47	20:35	5:55	19	5:38	160	17:26	10.91	1:03:04	5:46	45	0:37	158	
Runde	3.47	22:13	6:24	30	7:06	194	7:52	14.38	1:25:17	5:55	44	0:37	156	
Runde	3.47	21:53	6:18	25	6:25	177	7:28	17.85	1:47:10	6:00	44		155	13:08
Runde	3.47	22:06	6:22	22	6:40	169	7:31	21.32	2:09:16	6:03	44		154	42:08
Runde	3.47	23:55	6:53	33	8:28	199	9:23	24.79	2:33:11	6:10	44		154	51:08
Runde	3.47	23:20	6:43	23	7:25	150	8:55	28.26	2:56:31	6:14	42		149	59:14
Runde	3.47	24:10	6:57	24	7:47	144	9:11	31.73	3:20:41	6:19	41		147	1:07:10
Runde	3.47	23:37	6:48	19	6:37	109	8:10	35.20	3:44:18	6:22	41		143	1:10:08
Runde	3.47	23:42	6:49	17	5:56	88	7:50	38.67	4:08:00	6:24	41		142	1:22:52
Finish	3.47	23:06	6:39	21	4:37	93	7:30	42.18	4:31:06	6:25	19	1:17:51	141	1:29:45