



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Scheidler, Arnt

Club: TV Goldbach
Number: 394

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:31:42

Speed: 9.27 km/h
Running performance: 6:26 min/km

Rank in course/Total: 153 (of 305)

Rank in course/Men: 143 (of 271)

Best time in course: 3:01:21

Rank in category: 28(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	2:03	4:05	31	0:54	149	0:54	0.50	2:03	4:05	4	0:19	10	
Runde	3.47	20:23	5:52	40	6:18	180	6:52	3.97	22:26	5:39	4		163	
Runde	3.47	20:34	5:55	37	6:09	169	6:20	7.44	43:00	5:46	4		161	
Runde	3.47	20:13	5:49	30	5:43	144	17:04	10.91	1:03:13	5:47	4		160	
Runde	3.47	20:41	5:57	33	6:20	148	6:20	14.38	1:23:54	5:50	3		158	
Runde	3.47	20:45	5:58	29	5:56	137	6:20	17.85	1:44:39	5:51	3		157	10:37
Runde	3.47	21:39	6:14	32	6:39	145	7:04	21.32	2:06:18	5:55	3		156	39:10
Runde	3.47	22:09	6:22	28	6:23	134	7:37	24.79	2:28:27	5:59	3		156	46:24
Runde	3.47	23:11	6:40	25	6:38	141	8:46	28.26	2:51:38	6:04	3		151	54:21
Runde	3.47	24:29	7:03	30	6:59	158	9:30	31.73	3:16:07	6:10	3		149	1:02:36
Runde	3.47	25:23	7:18	31	7:30	156	9:56	35.20	3:41:30	6:17	3		145	1:07:20
Runde	3.47	25:24	7:19	25	7:49	137	9:32	38.67	4:06:54	6:23	3		144	1:21:46
Finish	3.47	24:48	7:08	23	7:52	131	9:12	42.18	4:31:42	6:26	28	1:20:00	143	1:30:21