



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Regeler, Karl-Heinz**

Club: Team Erdinger Alkoholfrei  
Number: 251

Course: 42.18 km  
Marathon

Category:  
Männer M45

Total time: 4:31:49

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

Rank in course/Total: 154 (of 305)

Rank in course/Men: 144 (of 271)

Best time in course: 3:01:21

Rank in category: 32(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	2:17	4:33	43	1:08	195	1:08	0.50	2:17	4:33	10	0:04	164	
Runde	3.47	19:55	5:44	40	6:24	157	6:24	3.97	22:12	5:35	10	0:31	164	
Runde	3.47	19:42	5:40	29	5:26	125	5:28	7.44	41:54	5:37	9	1:34	162	
Runde	3.47	19:36	5:38	28	16:27	107	16:27	10.91	1:01:30	5:38	3	1:55	123	
Runde	3.47	19:18	5:33	23	4:26	93	4:57	14.38	1:20:48	5:37	9	1:32	159	
Runde	3.47	19:41	5:40	22	4:53	91	5:16	17.85	1:40:29	5:37	9	0:36	158	6:27
Runde	3.47	20:38	5:56	24	5:42	112	6:03	21.32	2:01:07	5:40	9		157	33:59
Runde	3.47	21:59	6:20	29	6:49	129	7:27	24.79	2:23:06	5:46	9		157	41:03
Runde	3.47	22:45	6:33	30	6:55	131	8:20	28.26	2:45:51	5:52	7		152	48:34
Runde	3.47	24:46	7:08	36	8:32	165	9:47	31.73	3:10:37	6:00	7		150	57:06
Runde	3.47	25:43	7:24	34	9:01	164	10:16	35.20	3:36:20	6:08	7		146	1:02:10
Runde	3.47	27:31	7:55	35	10:14	188	11:39	38.67	4:03:51	6:18	7		132	1:18:43
Finish	3.47	27:58	8:03	37	10:33	194	12:22	42.18	4:31:49	6:26	32	1:24:46	144	1:30:28