



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Sommer, Heiko

Club: Fischer&Hohner Gersthofen
Number: 265

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:31:51

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

Rank in course/Total: 156 (of 305)

Rank in course/Men: 146 (of 271)

Best time in course: 3:01:21

Rank in category: 29(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	2:06	4:12	34	0:57	165	0:57	0.50	2:06	4:12	5	0:22	4	
Runde	3.47	19:44	5:41	33	5:39	144	6:13	3.97	21:50	5:29	5		165	
Runde	3.47	20:20	5:51	35	5:55	158	6:06	7.44	42:10	5:40	5		163	
Runde	3.47	20:18	5:51	31	5:48	148	17:09	10.91	1:02:28	5:43	5		162	
Runde	3.47	20:36	5:56	32	6:15	146	6:15	14.38	1:23:04	5:46	4		160	
Runde	3.47	20:47	5:59	30	5:58	139	6:22	17.85	1:43:51	5:49	4		159	9:49
Runde	3.47	21:26	6:10	28	6:26	139	6:51	21.32	2:05:17	5:52	4		158	38:09
Runde	3.47	21:55	6:18	25	6:09	124	7:23	24.79	2:27:12	5:56	4		158	45:09
Runde	3.47	23:13	6:41	27	6:40	144	8:48	28.26	2:50:25	6:01	4		153	53:08
Runde	3.47	24:29	7:03	30	6:59	158	9:30	31.73	3:14:54	6:08	4		151	1:01:23
Runde	3.47	25:04	7:13	29	7:11	148	9:37	35.20	3:39:58	6:14	4		147	1:05:48
Runde	3.47	25:21	7:18	24	7:46	136	9:29	38.67	4:05:19	6:20	4		146	1:20:11
Finish	3.47	26:32	7:38	31	9:36	172	10:56	42.18	4:31:51	6:26	29	1:20:09	146	1:30:30