



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Nobaek, Morten

Club: Hillbillies
Number: 360

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:32:21

Speed: 9.25 km/h
Running performance: 6:28 min/km

Rank in course/Total: 158 (of 305)

Rank in course/Men: 148 (of 271)

Best time in course: 3:01:21

Rank in category: 23(of 34)

Best time in the category: 3:01:21

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	1:46	3:31	11	0:36	90	0:37	0.50	1:46	3:31	7		106	
Runde	3.47	17:08	4:56	8	3:02	53	3:37	3.97	18:54	4:45	7		168	
Runde	3.47	19:19	5:34	16	4:40	109	5:05	7.44	38:13	5:08	7		158	
Runde	3.47	19:14	5:32	14	4:28	95	16:05	10.91	57:27	5:15	7		165	
Runde	3.47	19:18	5:33	16	4:21	93	4:57	14.38	1:16:45	5:20	7		163	
Runde	3.47	19:46	5:41	15	4:51	93	5:21	17.85	1:36:31	5:24	7		162	2:29
Runde	3.47	20:29	5:54	15	5:31	108	5:54	21.32	1:57:00	5:29	7		161	29:52
Runde	3.47	21:55	6:18	19	7:23	124	7:23	24.79	2:18:55	5:36	7		161	36:52
Runde	3.47	24:17	6:59	28	9:52	186	9:52	28.26	2:43:12	5:46	7		156	45:55
Runde	3.47	28:08	8:06	31	13:09	221	13:09	31.73	3:11:20	6:01	7		154	57:49
Runde	3.47	29:09	8:24	31	13:42	216	13:42	35.20	3:40:29	6:15	7		150	1:06:19
Runde	3.47	27:28	7:54	28	11:14	187	11:36	38.67	4:07:57	6:24	7		149	1:22:49
Finish	3.47	24:24	7:01	15	8:11	121	8:48	42.18	4:32:21	6:27	23	1:31:00	148	1:31:00