



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Lossau, Oliver

Club: DerFürSichSelbstLäuft
Number: 329

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:34:20

Speed: 9.19 km/h
Running performance: 6:30 min/km

Rank in course/Total: 167 (of 305)

Rank in course/Men: 156 (of 271)

Best time in course: 3:01:21

Rank in category: 31(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	1:57	3:53	25	0:48	126	0:48	0.50	1:57	3:53	7	0:13	35	
Runde	3.47	19:25	5:35	29	5:20	130	5:54	3.97	21:22	5:22	7		177	
Runde	3.47	19:59	5:45	31	5:34	135	5:45	7.44	41:21	5:33	7		175	
Runde	3.47	21:16	6:07	36	6:46	182	18:07	10.91	1:02:37	5:44	7		174	
Runde	3.47	23:06	6:39	44	8:45	218	8:45	14.38	1:25:43	5:57	6		172	
Runde	3.47	21:46	6:16	36	6:57	169	7:21	17.85	1:47:29	6:01	6		171	13:27
Runde	3.47	22:21	6:26	36	7:21	177	7:46	21.32	2:09:50	6:05	6		170	42:42
Runde	3.47	22:45	6:33	34	6:59	162	8:13	24.79	2:32:35	6:09	6		170	50:32
Runde	3.47	23:43	6:50	31	7:10	167	9:18	28.26	2:56:18	6:14	6		165	59:01
Runde	3.47	25:19	7:17	36	7:49	180	10:20	31.73	3:21:37	6:21	6		163	1:08:06
Runde	3.47	24:03	6:55	20	6:10	124	8:36	35.20	3:45:40	6:24	6		158	1:11:30
Runde	3.47	24:48	7:08	20	7:13	119	8:56	38.67	4:10:28	6:28	6		157	1:25:20
Finish	3.47	23:52	6:52	17	6:56	109	8:16	42.18	4:34:20	6:30	31	1:22:38	156	1:32:59