



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Ladegast, Dieter

Club: preconGang
Number: 371

Course: 42.18 km
Marathon

Category:
Männer M50

Total time: 4:34:53

Speed: 9.17 km/h
Running performance: 6:31 min/km

Rank in course/Total: 169 (of 305)

Rank in course/Men: 158 (of 271)

Best time in course: 3:01:21

Rank in category: 24(of 47)

Best time in the category: 3:13:15

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	2:37	5:14	41	1:26	251	1:28	0.50	2:37	5:14	5	0:39	7	0:06
Runde	3.47	21:38	6:14	38	6:32	219	8:07	3.97	24:15	6:06	5	3:43	179	
Runde	3.47	21:58	6:19	36	7:08	220	7:44	7.44	46:13	6:12	4	5:09	12	1:39
Runde	3.47	22:49	6:34	43	7:52	228	19:40	10.91	1:09:02	6:19	4	6:35	11	1:08
Runde	3.47	22:50	6:34	38	7:43	214	8:29	14.38	1:31:52	6:23	4	7:12	174	
Runde	3.47	21:18	6:08	17	5:50	158	6:53	17.85	1:53:10	6:20	4	5:51	173	19:08
Runde	3.47	22:24	6:27	25	6:58	178	7:49	21.32	2:15:34	6:21	4	4:37	172	48:26
Runde	3.47	22:08	6:22	17	6:41	133	7:36	24.79	2:37:42	6:21	4	2:40	172	55:39
Runde	3.47	22:40	6:31	20	6:45	127	8:15	28.26	3:00:22	6:22	3		167	1:03:05
Runde	3.47	24:02	6:55	22	7:39	141	9:03	31.73	3:24:24	6:26	3		165	1:10:53
Runde	3.47	23:38	6:48	20	6:38	110	8:11	35.20	3:48:02	6:28	3		160	1:13:52
Runde	3.47	23:58	6:54	20	6:12	95	8:06	38.67	4:12:00	6:31	3		159	1:26:52
Finish	3.47	22:53	6:35	20	4:24	91	7:17	42.18	4:34:53	6:31	24	1:21:38	158	1:33:32