



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Gerbach, Ronny

Club: sc impuls erfurt e.V.
Number: 372

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:36:25

Speed: 9.12 km/h
Running performance: 6:33 min/km

Rank in course/Total: 175 (of 305)

Rank in course/Men: 163 (of 271)

Best time in course: 3:01:21

Rank in category: 25(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 | 1:24 | 2:47 | 5 | 0:14 | 34 | 0:15 | 0.50 | 1:24 | 2:47 | 5 | | 155 | |
| Runde | 3.47 | 20:01 | 5:46 | 20 | 5:55 | 164 | 6:30 | 3.97 | 21:25 | 5:23 | 5 | | 155 | |
| Runde | 3.47 | 21:44 | 6:15 | 28 | 7:05 | 206 | 7:30 | 7.44 | 43:09 | 5:47 | 5 | | 153 | |
| Runde | 3.47 | 21:17 | 6:08 | 28 | 6:31 | 184 | 18:08 | 10.91 | 1:04:26 | 5:54 | 5 | | 125 | |
| Runde | 3.47 | 22:06 | 6:22 | 27 | 7:09 | 191 | 7:45 | 14.38 | 1:26:32 | 6:01 | 5 | | 150 | |
| Runde | 3.47 | 21:57 | 6:19 | 27 | 7:02 | 179 | 7:32 | 17.85 | 1:48:29 | 6:04 | 5 | | 149 | 14:27 |
| Runde | 3.47 | 21:45 | 6:16 | 24 | 6:47 | 151 | 7:10 | 21.32 | 2:10:14 | 6:06 | 9 | | 177 | 43:06 |
| Runde | 3.47 | 22:28 | 6:28 | 22 | 7:56 | 147 | 7:56 | 24.79 | 2:32:42 | 6:09 | 5 | | 148 | 50:39 |
| Runde | 3.47 | 23:00 | 6:37 | 20 | 8:35 | 138 | 8:35 | 28.26 | 2:55:42 | 6:13 | 5 | | 143 | 58:25 |
| Runde | 3.47 | 23:33 | 6:47 | 19 | 8:34 | 128 | 8:34 | 31.73 | 3:19:15 | 6:16 | 5 | | 141 | 1:05:44 |
| Runde | 3.47 | 24:13 | 6:58 | 14 | 8:46 | 127 | 8:46 | 35.20 | 3:43:28 | 6:20 | 5 | | 137 | 1:09:18 |
| Runde | 3.47 | 26:15 | 7:33 | 23 | 10:01 | 159 | 10:23 | 38.67 | 4:09:43 | 6:27 | 9 | | 164 | 1:24:35 |
| Finish | 3.47 | 26:42 | 7:41 | 22 | 10:29 | 174 | 11:06 | 42.18 | 4:36:25 | 6:33 | 25 | 1:35:04 | 163 | 1:35:04 |