



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Redecker, Heiko**

Club: Kegelclub Höllentier  
Number: 234

Course: 42.18 km  
Marathon

Category:  
Männer M40

Total time: 4:36:45

Speed: 9.11 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 176 (of 305)

Rank in course/Men: 164 (of 271)

Best time in course: 3:01:21

Rank in category: 33(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	2:07	4:14	35	0:58	170	0:58	0.50	2:07	4:14	9	0:23	105	
Runde	3.47	20:11	5:48	39	6:06	173	6:40	3.97	22:18	5:37	9		185	
Runde	3.47	20:48	5:59	39	6:23	177	6:34	7.44	43:06	5:47	9		183	
Runde	3.47	19:39	5:39	25	5:09	113	16:30	10.91	1:02:45	5:45	9		182	
Runde	3.47	19:55	5:44	25	5:34	109	5:34	14.38	1:22:40	5:44	8		180	
Runde	3.47	20:32	5:55	24	5:43	121	6:07	17.85	1:43:12	5:46	8		179	9:10
Runde	3.47	21:29	6:11	30	6:29	141	6:54	21.32	2:04:41	5:50	8		178	37:33
Runde	3.47	22:21	6:26	29	6:35	140	7:49	24.79	2:27:02	5:55	8		178	44:59
Runde	3.47	24:18	7:00	37	7:45	187	9:53	28.26	2:51:20	6:03	8		173	54:03
Runde	3.47	25:23	7:18	37	7:53	183	10:24	31.73	3:16:43	6:11	8		171	1:03:12
Runde	3.47	25:28	7:20	33	7:35	160	10:01	35.20	3:42:11	6:18	8		166	1:08:01
Runde	3.47	26:37	7:40	31	9:02	166	10:45	38.67	4:08:48	6:26	8		165	1:23:40
Finish	3.47	27:57	8:03	36	11:01	193	12:21	42.18	4:36:45	6:33	33	1:25:03	164	1:35:24