



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Köhres, Michael

Club: Langen
Number: 293

Course: 42.18 km
Marathon

Category:
Männer M50

Total time: 4:37:04

Speed: 9.10 km/h
Running performance: 6:34 min/km

Rank in course/Total: 177 (of 305)

Rank in course/Men: 165 (of 271)

Best time in course: 3:01:21

Rank in category: 25(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.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Runde	0.50	2:42	5:24	44	1:31	263	1:33	0.50	2:42	5:24	6	0:44	186	0:11
Runde	3.47	20:24	5:52	26	5:18	184	6:53	3.97	23:06	5:49	6	2:34	186	
Runde	3.47	20:40	5:57	23	5:50	172	6:26	7.44	43:46	5:52	5	2:42	184	
Runde	3.47	20:26	5:53	18	5:29	156	17:17	10.91	1:04:12	5:53	5	1:45	183	
Runde	3.47	20:57	6:02	21	5:50	160	6:36	14.38	1:25:09	5:55	5	0:29	181	
Runde	3.47	21:43	6:15	21	6:15	166	7:18	17.85	1:46:52	5:59	5		180	12:50
Runde	3.47	21:42	6:15	16	6:16	148	7:07	21.32	2:08:34	6:01	5		179	41:26
Runde	3.47	22:38	6:31	23	7:11	154	8:06	24.79	2:31:12	6:05	5		179	49:09
Runde	3.47	23:27	6:45	24	7:32	154	9:02	28.26	2:54:39	6:10	4		174	57:22
Runde	3.47	24:07	6:57	23	7:44	143	9:08	31.73	3:18:46	6:15	4		172	1:05:15
Runde	3.47	26:01	7:29	31	9:01	175	10:34	35.20	3:44:47	6:23	4		167	1:10:37
Runde	3.47	25:36	7:22	26	7:50	142	9:44	38.67	4:10:23	6:28	4		166	1:25:15
Finish	3.47	26:41	7:41	36	8:12	173	11:05	42.18	4:37:04	6:34	25	1:23:49	165	1:35:43