



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

Dicks, Heiko

Club: Panketal  
Number: 161

Course: 42.18 km  
Marathon

Category:  
Männer M45

Total time: 4:41:09

Speed: 8.96 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 188 (of 305)

Rank in course/Men: 173 (of 271)

Best time in course: 3:01:21

Rank in category: 37(of 57)

Best time in the category: 3:07:03

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	1:30	3:00	10	0:21	46	0:21	0.50	1:30	3:00	15		60	
Runde	3.47	18:48	5:25	27	5:17	107	5:17	3.97	20:18	5:06	15		194	
Runde	3.47	19:45	5:41	30	5:29	127	5:31	7.44	40:03	5:22	14		192	
Runde	3.47	20:34	5:55	38	17:25	159	17:25	10.91	1:00:37	5:33	14	1:02	191	
Runde	3.47	21:56	6:19	40	7:04	185	7:35	14.38	1:22:33	5:44	14	3:17	189	
Runde	3.47	22:26	6:27	42	7:38	196	8:01	17.85	1:44:59	5:52	14	5:06	188	10:57
Runde	3.47	23:49	6:51	45	8:53	214	9:14	21.32	2:08:48	6:02	14	7:20	187	41:40
Runde	3.47	24:00	6:54	42	8:50	202	9:28	24.79	2:32:48	6:09	14	8:09	187	50:45
Runde	3.47	24:24	7:01	40	8:34	191	9:59	28.26	2:57:12	6:16	12		182	59:55
Runde	3.47	26:41	7:41	43	10:27	206	11:42	31.73	3:23:53	6:25	12		180	1:10:22
Runde	3.47	26:12	7:33	38	9:30	177	10:45	35.20	3:50:05	6:32	12		175	1:15:55
Runde	3.47	25:46	7:25	30	8:29	149	9:54	38.67	4:15:51	6:36	12		174	1:30:43
Finish	3.47	25:18	7:17	31	7:53	150	9:42	42.18	4:41:09	6:39	37	1:34:06	173	1:39:48