



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Krannich, Steffen

Club: SG ALtenfeld
Number: 357

Course: 21.34 km
Halbmarathon

Category:
Männer M45

Total time: 2:18:41

Speed: 9.09 km/h
Running performance: 6:30 min/km

Rank in course/Total: 18 (of 44)

Rank in course/Men: 18 (of 34)

Best time in course: 1:33:28

Rank in category: 8(of 12)

Best time in the category: 1:33:28

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	1:40	3:20	3	0:31	7	0:31	0.50	1:40	3:20	8	0:31	10	0:01
Runde	3.47	18:23	5:17	3	4:22	7	4:22	3.97	20:03	5:03	8	4:53	10	0:49
Runde	3.47	19:11	5:31	4	4:40	9	4:40	7.44	39:14	5:16	8	9:33	10	1:25
Runde	3.47	21:19	6:08	6	6:37	14	6:37	10.91	1:00:33	5:32	8	15:38	10	3:22
Runde	3.47	23:44	6:50	9	9:04	24	9:04	14.38	1:24:17	5:51	8	23:41	10	7:25
Runde	3.47	28:00	8:04	11	12:44	29	12:44	17.85	1:52:17	6:17	8	35:31	10	14:12
Finish	3.47	26:24	7:36	9	10:34	22	10:34	21.34	2:18:41	6:29	8	45:13	18	45:13