



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Manteufel, Volker

Club: Erfurt
Number: 104

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:43:03

Speed: 8.90 km/h
Running performance: 6:43 min/km

Rank in course/Total: 195 (of 305)

Rank in course/Men: 180 (of 271)

Best time in course: 3:01:21

Rank in category: 27(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	2:25	4:49	32	1:15	222	1:16	0.50	2:25	4:49	11		147	
Runde	3.47	21:10	6:05	27	7:04	205	7:39	3.97	23:35	5:56	11		201	
Runde	3.47	20:43	5:58	24	6:04	173	6:29	7.44	44:18	5:57	11		199	
Runde	3.47	21:16	6:07	27	6:30	182	18:07	10.91	1:05:34	6:00	11		198	
Runde	3.47	23:30	6:46	32	8:33	232	9:09	14.38	1:29:04	6:11	11	1:04	196	
Runde	3.47	21:48	6:16	26	6:53	172	7:23	17.85	1:50:52	6:12	11	0:44	161	16:50
Runde	3.47	22:32	6:29	28	7:34	182	7:57	21.32	2:13:24	6:15	11	1:17	160	46:16
Runde	3.47	23:23	6:44	29	8:51	190	8:51	24.79	2:36:47	6:19	11	2:52	160	54:44
Runde	3.47	23:34	6:47	25	9:09	159	9:09	28.26	3:00:21	6:22	11	3:01	189	1:03:04
Runde	3.47	23:57	6:54	22	8:58	136	8:58	31.73	3:24:18	6:26	11	0:34	187	1:10:47
Runde	3.47	25:00	7:12	20	9:33	145	9:33	35.20	3:49:18	6:30	11		182	1:15:08
Runde	3.47	28:07	8:06	30	11:53	197	12:15	38.67	4:17:25	6:39	11	1:49	181	1:32:17
Finish	3.47	25:38	7:23	18	9:25	158	10:02	42.18	4:43:03	6:42	27	1:41:42	180	1:41:42