



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Albrecht, Frank

Club: Menden
Number: 198

Course: 42.18 km
Marathon

Category:
Männer M50

Total time: 4:47:53

Speed: 8.75 km/h
Running performance: 6:49 min/km

Rank in course/Total: 208 (of 305)

Rank in course/Men: 192 (of 271)

Best time in course: 3:01:21

Rank in category: 37(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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	19:47	5:42	18	4:41	145	6:16	3.97	22:29	5:39	18	1:57	112	
Runde	3.47	19:57	5:44	16	5:07	134	5:43	7.44	42:26	5:42	17	1:22	211	
Runde	3.47	20:24	5:52	17	5:27	154	17:15	10.91	1:02:50	5:45	17	0:23	210	
Runde	3.47	20:51	6:00	19	5:44	154	6:30	14.38	1:23:41	5:49	17		208	
Runde	3.47	22:04	6:21	26	6:36	182	7:39	17.85	1:45:45	5:55	17		207	11:43
Runde	3.47	22:50	6:34	30	7:24	190	8:15	21.32	2:08:35	6:01	17		206	41:27
Runde	3.47	23:44	6:50	32	8:17	198	9:12	24.79	2:32:19	6:08	17		206	50:16
Runde	3.47	25:04	7:13	36	9:09	204	10:39	28.26	2:57:23	6:16	16		201	1:00:06
Runde	3.47	27:54	8:02	40	11:31	216	12:55	31.73	3:25:17	6:28	13		193	1:11:46
Runde	3.47	28:33	8:13	39	11:33	210	13:06	35.20	3:53:50	6:38	16	1:33	194	1:19:40
Runde	3.47	28:10	8:07	37	10:24	199	12:18	38.67	4:22:00	6:46	16	3:40	193	1:36:52
Finish	3.47	25:53	7:27	31	7:24	161	10:17	42.18	4:47:53	6:49	37	1:34:38	192	1:46:32