



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 231

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:48:26

Speed: 8.74 km/h
Running performance: 6:50 min/km

Rank in course/Total: 210 (of 305)

Rank in course/Men: 193 (of 271)

Best time in course: 3:01:21

Rank in category: 42(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	2:24	4:47	49	1:15	217	1:15	0.50	2:24	4:47	20	0:11	150	
Runde	3.47	21:53	6:18	52	8:22	228	8:22	3.97	24:17	6:07	20	2:36	214	
Runde	3.47	22:57	6:36	53	8:41	245	8:43	7.44	47:14	6:20	19	6:54	212	2:40
Runde	3.47	23:02	6:38	52	19:53	235	19:53	10.91	1:10:16	6:26	19	10:41	211	2:22
Runde	3.47	23:39	6:48	51	8:47	238	9:18	14.38	1:33:55	6:31	19	14:39	209	
Runde	3.47	23:26	6:45	48	8:38	220	9:01	17.85	1:57:21	6:34	19	17:28	208	23:19
Runde	3.47	23:24	6:44	42	8:28	202	8:49	21.32	2:20:45	6:36	19	19:17	207	53:37
Runde	3.47	23:43	6:50	41	8:33	196	9:11	24.79	2:44:28	6:38	19	19:49	207	1:02:25
Runde	3.47	24:06	6:56	36	8:16	179	9:41	28.26	3:08:34	6:40	17	7:04	202	1:11:17
Runde	3.47	24:41	7:06	35	8:27	164	9:42	31.73	3:33:15	6:43	17	5:47	200	1:19:44
Runde	3.47	25:04	7:13	33	8:22	148	9:37	35.20	3:58:19	6:46	17	5:03	195	1:24:09
Runde	3.47	25:04	7:13	27	7:47	128	9:12	38.67	4:23:23	6:48	17	4:14	194	1:38:15
Finish	3.47	25:03	7:13	28	7:38	137	9:27	42.18	4:48:26	6:50	42	1:41:23	193	1:47:05