



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Dunajski, Rafael

Club: CaBas CaBaNauTeN
Number: 121

Course: 42.18 km
Marathon

Category:
Männer M20

Total time: 4:50:55

Speed: 8.66 km/h
Running performance: 6:54 min/km

Rank in course/Total: 216 (of 305)

Rank in course/Men: 198 (of 271)

Best time in course: 3:01:21

Rank in category: 17(of 23)

Best time in the category: 3:15:22

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	2:16	4:31	18	1:07	193	1:07	0.50	2:16	4:31	5	0:39	72	
Runde	3.47	20:42	5:57	16	7:03	190	7:11	3.97	22:58	5:47	5	2:03	219	
Runde	3.47	19:07	5:30	12	4:51	108	4:53	7.44	42:05	5:39	5	0:47	217	
Runde	3.47	19:57	5:44	15	5:40	130	16:48	10.91	1:02:02	5:41	5	1:02	216	
Runde	3.47	19:50	5:42	13	5:25	107	5:29	14.38	1:21:52	5:41	5	0:36	214	
Runde	3.47	20:40	5:57	16	6:15	133	6:15	17.85	1:42:32	5:44	5	1:15	213	8:30
Runde	3.47	20:55	6:01	15	6:20	117	6:20	21.32	2:03:27	5:47	5	2:04	212	36:19
Runde	3.47	22:55	6:36	18	8:00	173	8:23	24.79	2:26:22	5:54	5	4:54	212	44:19
Runde	3.47	25:50	7:26	20	10:36	214	11:25	28.26	2:52:12	6:05	5	10:57	207	54:55
Runde	3.47	30:32	8:47	20	14:18	241	15:33	31.73	3:22:44	6:23	5	18:45	205	1:09:13
Runde	3.47	32:33	9:22	20	14:52	242	17:06	35.20	3:55:17	6:41	5	21:04	200	1:21:07
Runde	3.47	27:47	8:00	17	9:24	191	11:55	38.67	4:23:04	6:48	5	25:08	199	1:37:56
Finish	3.47	27:51	8:01	17	11:44	190	12:15	42.18	4:50:55	6:53	17	1:35:33	198	1:49:34