



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Staack, Andreas

Club: Henstedt-Ulzburg
Number: 30

Course: 42.18 km
Marathon

Category:
Männer M55

Total time: 4:53:50

Speed: 8.58 km/h
Running performance: 6:58 min/km

Rank in course/Total: 225 (of 305)

Rank in course/Men: 205 (of 271)

Best time in course: 3:01:21

Rank in category: 8(of 12)

Best time in the category: 3:17:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km		Total Time		Total min/km		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Runde	0.50	2:27	4:54	11	1:12	226	1:18	0.50	2:27	4:54	8	1:12	189				
Runde	3.47	22:48	6:34	10	7:35	249	9:17	3.97	25:15	6:21	8	8:47	226				
Runde	3.47	23:05	6:39	9	7:39	247	8:51	7.44	48:20	6:29	8	16:26	224	3:46			
Runde	3.47	23:14	6:41	10	7:24	241	20:05	10.91	1:11:34	6:33	8	23:50	223	3:40			
Runde	3.47	23:35	6:47	9	7:24	235	9:14	14.38	1:35:09	6:37	8	31:14	221				
Runde	3.47	23:17	6:42	8	7:03	216	8:52	17.85	1:58:26	6:38	8	38:17	220	24:24			
Runde	3.47	23:49	6:51	8	7:21	214	9:14	21.32	2:22:15	6:40	8	45:38	219	55:07			
Runde	3.47	24:40	7:06	8	8:04	214	10:08	24.79	2:46:55	6:43	8	53:42	219	1:04:52			
Runde	3.47	25:04	7:13	8	8:01	204	10:39	28.26	3:11:59	6:47	8	1:01:43	214	1:14:42			
Runde	3.47	25:52	7:27	8	8:43	194	10:53	31.73	3:37:51	6:51	8	1:10:26	212	1:24:20			
Runde	3.47	25:07	7:14	7	7:37	152	9:40	35.20	4:02:58	6:54	8	1:18:03	207	1:28:48			
Runde	3.47	25:16	7:16	8	8:51	134	9:24	38.67	4:28:14	6:56	8	1:26:54	206	1:43:06			
Finish	3.47	25:36	7:22	8	9:00	156	10:00	42.18	4:53:50	6:57	8	1:35:54	205	1:52:29			