



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Pielok, Alois

Club: Pessin
Number: 35

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:55:15

Speed: 8.54 km/h
Running performance: 7:00 min/km

Rank in course/Total: 228 (of 305)

Rank in course/Men: 207 (of 271)

Best time in course: 3:01:21

Rank in category: 43(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	2:42	5:24	55	1:33	263	1:33	0.50	2:42	5:24	21	0:29	186	0:11
Runde	3.47	22:01	6:20	54	8:30	232	8:30	3.97	24:43	6:13	21	3:02	228	
Runde	3.47	22:46	6:33	51	8:30	237	8:32	7.44	47:29	6:22	20	7:09	226	2:55
Runde	3.47	22:36	6:30	49	19:27	223	19:27	10.91	1:10:05	6:25	20	10:30	225	2:11
Runde	3.47	22:17	6:25	43	7:25	198	7:56	14.38	1:32:22	6:25	20	13:06	223	
Runde	3.47	23:22	6:44	47	8:34	219	8:57	17.85	1:55:44	6:29	20	15:51	217	21:42
Runde	3.47	23:22	6:44	41	8:26	200	8:47	21.32	2:19:06	6:31	20	17:38	221	51:58
Runde	3.47	24:02	6:55	43	8:52	206	9:30	24.79	2:43:08	6:34	20	18:29	221	1:01:05
Runde	3.47	24:47	7:08	43	8:57	198	10:22	28.26	3:07:55	6:38	18	6:25	178	1:10:38
Runde	3.47	26:40	7:41	42	10:26	204	11:41	31.73	3:34:35	6:45	18	7:07	214	1:21:04
Runde	3.47	26:41	7:41	39	9:59	187	11:14	35.20	4:01:16	6:51	18	8:00	209	1:27:06
Runde	3.47	26:23	7:36	32	9:06	161	10:31	38.67	4:27:39	6:55	18	8:30	208	1:42:31
Finish	3.47	27:36	7:57	35	10:11	187	12:00	42.18	4:55:15	6:59	43	1:48:12	207	1:53:54