



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Noisternigg, Werner

Club: tri24.net
Number: 3

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:56:26

Speed: 8.50 km/h
Running performance: 7:02 min/km

Rank in course/Total: 231 (of 305)

Rank in course/Men: 210 (of 271)

Best time in course: 3:01:21

Rank in category: 42(of 54)

Best time in the category: 3:11:42

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	1:48	3:36	20	0:39	97	0:39	0.50	1:48	3:36	18	0:04	62	
Runde	3.47	20:23	5:52	40	6:18	180	6:52	3.97	22:11	5:35	18		231	
Runde	3.47	20:32	5:55	36	6:07	168	6:18	7.44	42:43	5:44	18		229	
Runde	3.47	21:38	6:14	38	7:08	198	18:29	10.91	1:04:21	5:53	18		228	
Runde	3.47	21:51	6:17	37	7:30	181	7:30	14.38	1:26:12	5:59	17		226	
Runde	3.47	21:18	6:08	34	6:29	158	6:53	17.85	1:47:30	6:01	17		225	13:28
Runde	3.47	22:30	6:29	37	7:30	180	7:55	21.32	2:10:00	6:05	17		224	42:52
Runde	3.47	23:21	6:43	38	7:35	187	8:49	24.79	2:33:21	6:11	17		224	51:18
Runde	3.47	25:40	7:23	41	9:07	212	11:15	28.26	2:59:01	6:20	17		219	1:01:44
Runde	3.47	27:06	7:48	42	9:36	210	12:07	31.73	3:26:07	6:29	17		217	1:12:36
Runde	3.47	29:15	8:25	43	11:22	217	13:48	35.20	3:55:22	6:41	17		212	1:21:12
Runde	3.47	32:25	9:20	47	14:50	238	16:33	38.67	4:27:47	6:55	17	2:17	211	1:42:39
Finish	3.47	28:39	8:15	40	11:43	203	13:03	42.18	4:56:26	7:01	42	1:44:44	210	1:55:05