



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Grossheimann, Marcus

Club: SSG Langen
Number: 302

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 5:02:49

Speed: 8.32 km/h
Running performance: 7:11 min/km

Rank in course/Total: 235 (of 305)

Rank in course/Men: 213 (of 271)

Best time in course: 3:01:21

Rank in category: 45(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	2:02	4:03	34	0:53	147	0:53	0.50	2:02	4:03	23		182	
Runde	3.47	20:45	5:58	46	7:14	193	7:14	3.97	22:47	5:44	23	1:06	234	
Runde	3.47	20:58	6:02	43	6:42	180	6:44	7.44	43:45	5:52	22	3:25	232	
Runde	3.47	21:33	6:12	45	18:24	195	18:24	10.91	1:05:18	5:59	22	5:43	224	
Runde	3.47	22:32	6:29	45	7:40	205	8:11	14.38	1:27:50	6:06	22	8:34	229	
Runde	3.47	22:19	6:25	41	7:31	194	7:54	17.85	1:50:09	6:10	22	10:16	228	16:07
Runde	3.47	23:36	6:48	43	8:40	209	9:01	21.32	2:13:45	6:16	22	12:17	227	46:37
Runde	3.47	24:52	7:09	44	9:42	215	10:20	24.79	2:38:37	6:23	22	13:58	227	56:34
Runde	3.47	28:15	8:08	49	12:25	237	13:50	28.26	3:06:52	6:36	20	5:22	222	1:09:35
Runde	3.47	29:52	8:36	50	13:38	237	14:53	31.73	3:36:44	6:49	20	9:16	220	1:23:13
Runde	3.47	28:07	8:06	43	11:25	203	12:40	35.20	4:04:51	6:57	20	11:35	215	1:30:41
Runde	3.47	29:04	8:22	41	11:47	210	13:12	38.67	4:33:55	7:05	20	14:46	214	1:48:47
Finish	3.47	28:54	8:19	40	11:29	207	13:18	42.18	5:02:49	7:10	45	1:55:46	213	2:01:28