



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Kaiser, Jörg

Club: Zossen
Number: 107

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 5:04:23

Speed: 8.28 km/h
Running performance: 7:13 min/km

Rank in course/Total: 236 (of 305)

Rank in course/Men: 214 (of 271)

Best time in course: 3:01:21

Rank in category: 46(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	2:20	4:40	44	1:11	201	1:11	0.50	2:20	4:40	24	0:07	144	
Runde	3.47	20:39	5:57	45	7:08	188	7:08	3.97	22:59	5:47	24	1:18	227	
Runde	3.47	21:00	6:03	44	6:44	183	6:46	7.44	43:59	5:54	23	3:39	225	
Runde	3.47	21:19	6:08	43	18:10	186	18:10	10.91	1:05:18	5:59	22	5:43	224	
Runde	3.47	21:58	6:19	41	7:06	186	7:37	14.38	1:27:16	6:04	23	8:00	222	
Runde	3.47	22:59	6:37	46	8:11	211	8:34	17.85	1:50:15	6:10	23	10:22	229	16:13
Runde	3.47	24:11	6:58	49	9:15	221	9:36	21.32	2:14:26	6:18	23	12:58	220	47:18
Runde	3.47	25:56	7:28	49	10:46	231	11:24	24.79	2:40:22	6:28	23	15:43	220	58:19
Runde	3.47	26:13	7:33	45	10:23	220	11:48	28.26	3:06:35	6:36	21	5:05	223	1:09:18
Runde	3.47	28:34	8:13	46	12:20	225	13:35	31.73	3:35:09	6:46	21	7:41	221	1:21:38
Runde	3.47	30:40	8:50	49	13:58	229	15:13	35.20	4:05:49	6:59	21	12:33	216	1:31:39
Runde	3.47	28:49	8:18	40	11:32	204	12:57	38.67	4:34:38	7:06	21	15:29	215	1:49:30
Finish	3.47	29:45	8:34	43	12:20	215	14:09	42.18	5:04:23	7:12	46	1:57:20	214	2:03:02