



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Brunke, Jörg

Club: Lauftreff Altwarmbüchen
Number: 199

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 5:19:33

Speed: 7.89 km/h
Running performance: 7:35 min/km

Rank in course/Total: 253 (of 305)

Rank in course/Men: 227 (of 271)

Best time in course: 3:01:21

Rank in category: 46(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	1:42	3:23	14	0:33	72	0:33	0.50	1:42	3:23	22		57	
Runde	3.47	19:56	5:44	37	5:51	159	6:25	3.97	21:38	5:26	22		142	
Runde	3.47	21:50	6:17	44	7:25	215	7:36	7.44	43:28	5:50	22		246	
Runde	3.47	23:46	6:50	48	9:16	250	20:37	10.91	1:07:14	6:09	22		245	
Runde	3.47	24:04	6:56	48	9:43	248	9:43	14.38	1:31:18	6:20	21		243	
Runde	3.47	25:30	7:20	48	10:41	249	11:05	17.85	1:56:48	6:32	21	1:04	242	22:46
Runde	3.47	26:53	7:44	48	11:53	251	12:18	21.32	2:23:41	6:44	21	4:34	241	56:33
Runde	3.47	28:33	8:13	48	12:47	249	14:01	24.79	2:52:14	6:56	21	9:03	241	1:10:11
Runde	3.47	29:03	8:22	46	12:30	241	14:38	28.26	3:21:17	7:07	21	14:05	236	1:24:00
Runde	3.47	29:11	8:24	46	11:41	230	14:12	31.73	3:50:28	7:15	21	18:03	234	1:36:57
Runde	3.47	29:36	8:31	44	11:43	219	14:09	35.20	4:20:04	7:23	21	21:47	229	1:45:54
Runde	3.47	29:53	8:36	42	12:18	221	14:01	38.67	4:49:57	7:29	21	24:27	228	2:04:49
Finish	3.47	29:36	8:31	41	12:40	212	14:00	42.18	5:19:33	7:34	46	2:07:51	227	2:18:12