



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Grube, Frank**

Club: TuS Hilstrup  
Number: 290

Course: 42.18 km  
Marathon

Category:  
Männer M40

Total time: 5:58:31

Speed: 7.03 km/h  
Running performance: 8:30 min/km

Rank in course/Total: 280 (of 305)

Rank in course/Men: 250 (of 271)

Best time in course: 3:01:21

Rank in category: 51(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	2:30	5:00	49	1:21	234	1:21	0.50	2:30	5:00	27	0:46	271	
Runde	3.47	23:46	6:50	54	9:41	264	10:15	3.97	26:16	6:36	27	3:32	113	0:50
Runde	3.47	24:09	6:57	54	9:44	260	9:55	7.44	50:25	6:46	27	5:23	269	5:51
Runde	3.47	24:51	7:09	52	10:21	258	21:42	10.91	1:15:16	6:53	27	6:50	268	7:22
Runde	3.47	25:41	7:24	52	11:20	260	11:20	14.38	1:40:57	7:01	26	9:23	266	5:04
Runde	3.47	27:32	7:56	52	12:43	262	13:07	17.85	2:08:29	7:11	26	12:45	265	34:27
Runde	3.47	28:25	8:11	51	13:25	259	13:50	21.32	2:36:54	7:21	26	17:47	264	1:09:46
Runde	3.47	32:27	9:21	52	16:41	261	17:55	24.79	3:09:21	7:38	26	26:10	264	1:27:18
Runde	3.47	33:08	9:32	52	16:35	257	18:43	28.26	3:42:29	7:52	26	35:17	259	1:45:12
Runde	3.47	32:57	9:29	49	15:27	251	17:58	31.73	4:15:26	8:03	26	43:01	257	2:01:55
Runde	3.47	35:05	10:06	50	17:12	249	19:38	35.20	4:50:31	8:15	26	52:14	252	2:16:21
Runde	3.47	33:47	9:44	50	16:12	243	17:55	38.67	5:24:18	8:23	26	58:48	251	2:39:10
Finish	3.47	34:13	9:51	48	17:17	237	18:37	42.18	5:58:31	8:29	51	2:46:49	250	2:57:10