



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Hölzle Dr., Alexander

Club: Team D.O.C.

Number: 179

Course: 21.34 km

Halbmarathon

Category:

Männer M45

Total time: 2:29:34

Speed: 8.42 km/h

Running performance: 7:01 min/km

Rank in course/Total: 31 (of 44)

Rank in course/Men: 28 (of 34)

Best time in course: 1:33:28

Rank in category: 11(of 12)

Best time in the category: 1:33:28

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	2:16	4:31	8	1:07	18	1:07	0.50	2:16	4:31	11	1:07	7	0:37
Runde	3.47	21:46	6:16	9	7:45	25	7:45	3.97	24:02	6:03	11	8:52	11	4:48
Runde	3.47	23:46	6:50	11	9:15	28	9:15	7.44	47:48	6:25	11	18:07	11	9:59
Runde	3.47	24:49	7:09	10	10:07	28	10:07	10.91	1:12:37	6:39	11	27:42	11	15:26
Runde	3.47	24:59	7:11	10	10:19	28	10:19	14.38	1:37:36	6:47	11	37:00	11	20:44
Runde	3.47	26:14	7:33	9	10:58	26	10:58	17.85	2:03:50	6:56	11	47:04	11	25:45
Finish	3.47	25:44	7:24	8	9:54	20	9:54	21.34	2:29:34	7:00	11	56:06	28	56:06