



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Kauczor, Rainer

Club: Sportfreunde Klein Reken
Number: 155

Course: 21.34 km
Halbmarathon

Category:
Männer M55

Total time: 2:40:08

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 39 (of 44)

Rank in course/Men: 32 (of 34)

Best time in course: 1:33:28

Rank in category: 4(of 4)

Best time in the category: 2:25:39

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	2:36	5:12	4	0:58	27	1:27	0.50	2:36	5:12	4	0:20	15	0:57
Runde	3.47	23:23	6:44	3	2:32	29	9:22	3.97	25:59	6:32	4	1:40	15	6:45
Runde	3.47	24:33	7:04	3	1:22	30	10:02	7.44	50:32	6:47	4	3:02	15	12:43
Runde	3.47	25:13	7:16	3	1:33	29	10:31	10.91	1:15:45	6:56	4	4:35	15	18:34
Runde	3.47	26:17	7:34	4	2:45	31	11:37	14.38	1:42:02	7:05	4	6:46	15	25:10
Runde	3.47	28:07	8:06	4	3:22	30	12:51	17.85	2:10:09	7:17	4	10:08	15	32:04
Finish	3.47	29:59	8:38	4	4:21	29	14:09	21.34	2:40:08	7:30	4	14:29	32	1:06:40