



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Förster, Udo**

Club: 100 Marathon Club  
Number: 311

Course: 21.34 km  
Halbmarathon

Category:  
Männer M45

Total time: 2:54:38

Speed: 7.22 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 44 (of 44)

Rank in course/Men: 34 (of 34)

Best time in course: 1:33:28

Rank in category: 12(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	2:41	5:21	12	1:32	30	1:32	0.50	2:41	5:21	12	1:32	17	1:02
Runde	3.47	24:22	7:01	12	10:21	32	10:21	3.97	27:03	6:48	12	11:53	17	7:49
Runde	3.47	26:00	7:29	12	11:29	33	11:29	7.44	53:03	7:07	12	23:22	17	15:14
Runde	3.47	27:49	8:00	11	13:07	32	13:07	10.91	1:20:52	7:24	12	35:57	17	23:41
Runde	3.47	30:52	8:53	12	16:12	34	16:12	14.38	1:51:44	7:46	12	51:08	17	34:52
Runde	3.47	30:27	8:46	12	15:11	31	15:11	17.85	2:22:11	7:57	12	1:05:25	17	44:06
Finish	3.47	32:27	9:21	11	16:37	30	16:37	21.34	2:54:38	8:11	12	1:21:10	34	1:21:10