



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 |