



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Härle, Ralf

Club: VfL Börnsen
Number: 105

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 3:07:03

Speed: 13.47 km/h
Running performance: 4:26 min/km

Rank in course/Total: 4 (of 305)

Rank in course/Men: 4 (of 271)

Best time in course: 3:01:21

Rank in category: 1(of 57)

Best time in the category: 3:07:03

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	1:09	2:17	1	-	1	-	0.50	1:09	2:17	34		8	
Runde	3.47	13:31	3:53	1	-	1	-	3.97	14:40	3:41	34		19	
Runde	3.47	14:16	4:06	1	-	2	0:02	7.44	28:56	3:53	32		17	
Runde	3.47	14:43	4:14	2	11:34	5	11:34	10.91	43:39	4:00	32		16	
Runde	3.47	14:52	4:17	1	-	4	0:31	14.38	58:31	4:04	32		11	
Runde	3.47	14:48	4:15	1	-	2	0:23	17.85	1:13:19	4:06	31		13	
Runde	3.47	14:56	4:18	1	-	3	0:21	21.32	1:28:15	4:08	31		12	1:07
Runde	3.47	15:10	4:22	1	-	4	0:38	24.79	1:43:25	4:10	31		12	1:22
Runde	3.47	15:50	4:33	1	-	5	1:25	28.26	1:59:15	4:13	40		8	1:58
Runde	3.47	17:00	4:53	3	0:46	9	2:01	31.73	2:16:15	4:17	40		6	2:44
Runde	3.47	16:59	4:53	2	0:17	5	1:32	35.20	2:33:14	4:21	40		5	
Runde	3.47	33:49	9:44	49	16:32	244	17:57	38.67	3:07:03	4:50	40		4	21:55
Finish	3.47	-	-	49		245		42.18	3:07:03	4:26	1	-	4	5:42