



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Langstaedtler, Joachim

Club: Erlangen
Number: 221

Course: 42.18 km
Marathon

Category:
Männer M20

Total time: 3:28:03

Speed: 12.11 km/h
Running performance: 4:56 min/km

Rank in course/Total: 14 (of 305)

Rank in course/Men: 14 (of 271)

Best time in course: 3:01:21

Rank in category: 3(of 23)

Best time in the category: 3:15:22

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	1:26	2:52	6	0:17	40	0:17	0.50	1:26	2:52	19		33	
Runde	3.47	15:59	4:36	8	2:20	33	2:28	3.97	17:25	4:23	19		33	
Runde	3.47	16:02	4:37	6	1:46	26	1:48	7.44	33:27	4:29	19		31	
Runde	3.47	15:53	4:34	5	1:36	20	12:44	10.91	49:20	4:31	19		30	
Runde	3.47	16:22	4:42	5	1:57	20	2:01	14.38	1:05:42	4:34	19		28	
Runde	3.47	17:02	4:54	5	2:37	22	2:37	17.85	1:22:44	4:38	19		27	
Runde	3.47	17:21	5:00	6	2:46	24	2:46	21.32	1:40:05	4:41	19		26	12:57
Runde	3.47	18:01	5:11	5	3:06	28	3:29	24.79	1:58:06	4:45	19		26	16:03
Runde	3.47	17:50	5:08	5	2:36	20	3:25	28.26	2:15:56	4:48	19		21	18:39
Runde	3.47	18:21	5:17	5	2:07	21	3:22	31.73	2:34:17	4:51	19		19	20:46
Runde	3.47	19:16	5:33	4	1:35	20	3:49	35.20	2:53:33	4:55	19		15	19:23
Runde	3.47	18:23	5:17	1	-	11	2:31	38.67	3:11:56	4:57	19		14	26:48
Finish	3.47	16:07	4:38	1	-	2	0:31	42.18	3:28:03	4:55	3	12:41	14	26:42