



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Paul, Torsten

Club: TLV Rangsdorf
Number: 264

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 3:34:00

Speed: 11.78 km/h
Running performance: 5:04 min/km

Rank in course/Total: 18 (of 305)

Rank in course/Men: 18 (of 271)

Best time in course: 3:01:21

Rank in category: 3(of 54)

Best time in the category: 3:11:42

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	1:25	2:50	6	0:16	36	0:16	0.50	1:25	2:50	33		37	
Runde	3.47	16:45	4:49	7	2:40	45	3:14	3.97	18:10	4:34	33		37	
Runde	3.47	17:17	4:58	7	2:52	49	3:03	7.44	35:27	4:45	33		35	
Runde	3.47	17:38	5:04	7	3:08	49	14:29	10.91	53:05	4:51	32		34	
Runde	3.47	17:36	5:04	7	3:15	43	3:15	14.38	1:10:41	4:54	30		32	
Runde	3.47	17:50	5:08	6	3:01	41	3:25	17.85	1:28:31	4:57	30		31	
Runde	3.47	17:54	5:09	4	2:54	35	3:19	21.32	1:46:25	4:59	30		30	19:17
Runde	3.47	18:13	5:14	3	2:27	30	3:41	24.79	2:04:38	5:01	30		30	22:35
Runde	3.47	18:08	5:13	3	1:35	23	3:43	28.26	2:22:46	5:03	30		25	25:29
Runde	3.47	18:25	5:18	3	0:55	22	3:26	31.73	2:41:11	5:04	29		23	27:40
Runde	3.47	18:18	5:16	2	0:25	13	2:51	35.20	2:59:29	5:05	29		19	25:19
Runde	3.47	17:35	5:04	1	-	6	1:43	38.67	3:17:04	5:05	29		18	31:56
Finish	3.47	16:56	4:52	1	-	6	1:20	42.18	3:34:00	5:04	3	22:18	18	32:39