



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Tengler, Sebastian

Club: P-Weg-Team

Number: 79

Course: 42.18 km

Marathon

Category:

Männer M35

Total time: 3:38:02

Speed: 11.56 km/h

Running performance: 5:10 min/km

Rank in course/Total: 25 (of 305)

Rank in course/Men: 25 (of 271)

Best time in course: 3:01:21

Rank in category: 4(of 32)

Best time in the category: 3:05:20

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	1:16	2:31	3	0:07	20	0:07	0.50	1:16	2:31	29		25	
Runde	3.47	15:51	4:34	4	1:38	32	2:20	3.97	17:07	4:18	29		42	
Runde	3.47	16:44	4:49	5	2:17	39	2:30	7.44	33:51	4:32	29		40	
Runde	3.47	17:01	4:54	4	2:09	38	13:52	10.91	50:52	4:39	29		33	
Runde	3.47	17:06	4:55	4	1:57	34	2:45	14.38	1:07:58	4:43	29		37	
Runde	3.47	17:30	5:02	4	2:06	35	3:05	17.85	1:25:28	4:47	29		36	
Runde	3.47	17:30	5:02	4	1:53	27	2:55	21.32	1:42:58	4:49	29		35	15:50
Runde	3.47	17:47	5:07	4	2:17	21	3:15	24.79	2:00:45	4:52	29		35	18:42
Runde	3.47	18:20	5:17	4	2:33	25	3:55	28.26	2:19:05	4:55	29		30	21:48
Runde	3.47	18:25	5:18	3	2:42	22	3:26	31.73	2:37:30	4:57	29		28	23:59
Runde	3.47	19:00	5:28	3	3:13	19	3:33	35.20	2:56:30	5:00	29		24	22:20
Runde	3.47	20:44	5:58	5	4:52	34	4:52	38.67	3:17:14	5:06	29		23	32:06
Finish	3.47	20:48	5:59	6	5:12	45	5:12	42.18	3:38:02	5:10	4	32:42	25	36:41