



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Helbig, Stefan**

Club: TEAM Racelite.de  
Number: 272

Course: 42.18 km  
Marathon

Category:  
Männer M20

Total time: 3:42:18

Speed: 11.34 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 31 (of 305)

Rank in course/Men: 30 (of 271)

Best time in course: 3:01:21

Rank in category: 5(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	1:33	3:06	9	0:24	53	0:24	0.50	1:33	3:06	18		48	
Runde	3.47	13:39	3:56	1	-	2	0:08	3.97	15:12	3:49	18		48	
Runde	3.47	16:20	4:42	8	2:04	31	2:06	7.44	31:32	4:14	18		46	
Runde	3.47	16:18	4:41	7	2:01	26	13:09	10.91	47:50	4:23	18		45	
Runde	3.47	16:55	4:52	6	2:30	27	2:34	14.38	1:04:45	4:30	18		43	
Runde	3.47	17:12	4:57	7	2:47	25	2:47	17.85	1:21:57	4:35	18		42	
Runde	3.47	17:20	4:59	5	2:45	22	2:45	21.32	1:39:17	4:39	18		41	12:09
Runde	3.47	19:32	5:37	8	4:37	56	5:00	24.79	1:58:49	4:47	18		41	16:46
Runde	3.47	18:59	5:28	6	3:45	33	4:34	28.26	2:17:48	4:52	18		36	20:31
Runde	3.47	21:03	6:03	8	4:49	58	6:04	31.73	2:38:51	5:00	18		34	25:20
Runde	3.47	22:53	6:35	10	5:12	82	7:26	35.20	3:01:44	5:09	18		30	27:34
Runde	3.47	20:06	5:47	6	1:43	23	4:14	38.67	3:21:50	5:13	18		29	36:42
Finish	3.47	20:28	5:53	7	4:21	38	4:52	42.18	3:42:18	5:16	5	26:56	30	40:57