



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Manser, Jochen

Club: TV Oberkirch
Number: 246

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 3:43:14

Speed: 11.29 km/h
Running performance: 5:17 min/km

Rank in course/Total: 32 (of 305)

Rank in course/Men: 31 (of 271)

Best time in course: 3:01:21

Rank in category: 10(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	1:18	2:36	7	0:09	26	0:09	0.50	1:18	2:36	45		49	
Runde	3.47	16:29	4:45	10	2:58	42	2:58	3.97	17:47	4:28	45		49	
Runde	3.47	17:28	5:02	14	3:12	50	3:14	7.44	35:15	4:44	29		47	
Runde	3.47	17:36	5:04	14	14:27	47	14:27	10.91	52:51	4:50	29		46	
Runde	3.47	17:42	5:06	12	2:50	44	3:21	14.38	1:10:33	4:54	29		44	
Runde	3.47	18:05	5:12	13	3:17	47	3:40	17.85	1:28:38	4:57	42		43	
Runde	3.47	18:02	5:11	12	3:06	37	3:27	21.32	1:46:40	5:00	42		42	19:32
Runde	3.47	18:32	5:20	13	3:22	38	4:00	24.79	2:05:12	5:03	42		42	23:09
Runde	3.47	19:07	5:30	12	3:17	34	4:42	28.26	2:24:19	5:06	37		37	27:02
Runde	3.47	19:09	5:31	8	2:55	28	4:10	31.73	2:43:28	5:09	37		35	29:57
Runde	3.47	19:53	5:43	13	3:11	30	4:26	35.20	3:03:21	5:12	36		31	29:11
Runde	3.47	20:27	5:53	9	3:10	29	4:35	38.67	3:23:48	5:16	36		30	38:40
Finish	3.47	19:26	5:36	7	2:01	23	3:50	42.18	3:43:14	5:17	10	36:11	31	41:53