



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Möllendorf, Heiko

Club: Potsdamer Laufclub
Number: 366

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 3:45:48

Speed: 11.21 km/h
Running performance: 5:21 min/km

Rank in course/Total: 34 (of 305)

Rank in course/Men: 33 (of 271)

Best time in course: 3:01:21

Rank in category: 5(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	1:21	2:42	4	0:12	28	0:12	0.50	1:21	2:42	35		24	
Runde	3.47	15:48	4:33	5	1:43	31	2:17	3.97	17:09	4:19	35		51	
Runde	3.47	16:37	4:47	6	2:12	37	2:23	7.44	33:46	4:32	35		49	
Runde	3.47	17:07	4:55	6	2:37	39	13:58	10.91	50:53	4:39	34		32	
Runde	3.47	17:19	4:59	6	2:58	38	2:58	14.38	1:08:12	4:44	32		42	
Runde	3.47	17:37	5:04	5	2:48	38	3:12	17.85	1:25:49	4:48	32		45	
Runde	3.47	18:10	5:14	7	3:10	44	3:35	21.32	1:43:59	4:52	32		44	16:51
Runde	3.47	18:27	5:19	6	2:41	36	3:55	24.79	2:02:26	4:56	32		44	20:23
Runde	3.47	19:19	5:34	6	2:46	39	4:54	28.26	2:21:45	5:00	32		39	24:28
Runde	3.47	19:52	5:43	5	2:22	38	4:53	31.73	2:41:37	5:05	31		37	28:06
Runde	3.47	20:57	6:02	5	3:04	41	5:30	35.20	3:02:34	5:11	31		33	28:24
Runde	3.47	21:33	6:12	8	3:58	50	5:41	38.67	3:24:07	5:16	31		32	38:59
Finish	3.47	21:41	6:14	9	4:45	64	6:05	42.18	3:45:48	5:21	5	34:06	33	44:27