



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Plöchl, Günter**

Club: heit rein i owa ned voi  
Number: 231

Course: 42.18 km  
Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 4:05:51

Speed: 10.25 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 36 (of 220)

Rank in course/Men: 34 (of 194)

Best time in course: 3:07:34

Rank in category: 5(of 24)

Best time in the category: 3:07:34

| 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              | 3.47     | 17:44      | 5:06         | 5           | 3:16        | 40      | 3:16       | 3.47          | 17:44      | 5:06         | 20       |             | 36      |            |
| Runde              | 3.47     | 18:06      | 5:12         | 4           | 3:30        | 38      | 3:30       | 6.94          | 35:50      | 5:09         | 20       |             | 36      |            |
| Runde              | 3.47     | 18:23      | 5:17         | 5           | 3:27        | 35      | 3:27       | 10.41         | 54:13      | 5:12         | 12       |             | 35      |            |
| Runde              | 3.47     | 18:37      | 5:21         | 5           | 3:18        | 30      | 3:31       | 13.88         | 1:12:50    | 5:14         | 20       |             | 24      |            |
| Runde              | 3.47     | 19:22      | 5:34         | 7           | 4:04        | 40      | 4:07       | 17.35         | 1:32:12    | 5:18         | 19       |             | 35      |            |
| Runde              | 3.47     | 19:51      | 5:43         | 6           | 4:25        | 43      | 4:25       | 20.82         | 1:52:03    | 5:22         | 16       |             | 35      |            |
| Runde              | 3.47     | 20:38      | 5:56         | 8           | 5:31        | 46      | 5:31       | 24.29         | 2:12:41    | 5:27         | 20       |             | 23      | 27:31      |
| Runde              | 3.47     | 20:54      | 6:01         | 7           | 5:11        | 38      | 5:11       | 27.76         | 2:33:35    | 5:31         | 16       |             | 32      | 28:03      |
| Runde              | 3.47     | 21:19      | 6:08         | 5           | 5:05        | 31      | 5:05       | 31.23         | 2:54:54    | 5:36         | 16       | 14:10       | 34      | 37:47      |
| Runde              | 3.47     | 22:48      | 6:34         | 7           | 6:11        | 38      | 6:14       | 34.70         | 3:17:42    | 5:41         | 16       |             | 25      | 43:58      |
| Runde              | 3.47     | 23:44      | 6:50         | 6           | 6:45        | 41      | 6:52       | 38.17         | 3:41:26    | 5:48         | 17       | 16:59       | 32      | 50:43      |
| Runde              | 3.97     | 24:25      | 6:09         | 8           | 7:34        | 59      | 7:34       | 42.18         | 4:05:51    | 5:49         | 6        | 1:31:04     | 37      | 2:44:02    |