



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Friese, Ralf

Club: SC Delphin Ingolstadt
Number: 84

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:08:24

Speed: 10.14 km/h
Running performance: 5:53 min/km

Rank in course/Total: 38 (of 220)

Rank in course/Men: 36 (of 194)

Best time in course: 3:07:34

Rank in category: 6(of 42)

Best time in the category: 3:33:09

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	16:41	4:48	3	0:22	15	2:13	3.47	16:41	4:48	27		38	
Runde	3.47	17:01	4:54	3	0:40	14	2:25	6.94	33:42	4:51	27		38	
Runde	3.47	17:27	5:01	3	0:59	17	2:31	10.41	51:09	4:54	23		37	
Runde	3.47	17:31	5:02	3	1:07	15	2:25	13.88	1:08:40	4:56	26		25	
Runde	3.47	18:07	5:13	3	2:02	17	2:52	17.35	1:26:47	5:00	27		37	
Runde	3.47	18:56	5:27	5	2:05	25	3:30	20.82	1:45:43	5:04	26		20	
Runde	3.47	20:00	5:45	11	2:28	37	4:53	24.29	2:05:43	5:10	23		25	20:33
Runde	3.47	23:39	6:48	21	6:08	83	7:56	27.76	2:29:22	5:22	23		34	23:50
Runde	3.47	25:56	7:28	30	8:13	113	9:42	31.23	2:55:18	5:36	27		36	38:11
Runde	3.47	24:28	7:03	19	5:34	64	7:54	34.70	3:19:46	5:45	26		27	46:02
Runde	3.47	24:06	6:56	11	3:31	45	7:14	38.17	3:43:52	5:51	27		34	53:09
Runde	3.97	24:32	6:10	16	4:29	63	7:41	42.18	4:08:24	5:53	6	35:15	39	2:46:35