



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Witt, Knut

Club: TV Stierstadt
Number: 337

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:08:37

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

Rank in course/Total: 39 (of 220)

Rank in course/Men: 37 (of 194)

Best time in course: 3:07:34

Rank in category: 7(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	23:06	6:39	37	6:47	156	8:38	3.47	23:06	6:39	28	2:48	39	
Runde	3.47	21:10	6:05	26	4:49	106	6:34	6.94	44:16	6:22	28	2:15	39	
Runde	3.47	19:13	5:32	16	2:45	56	4:17	10.41	1:03:29	6:05	24		38	
Runde	3.47	19:29	5:36	16	3:05	55	4:23	13.88	1:22:58	5:58	27		26	
Runde	3.47	20:41	5:57	19	4:36	72	5:26	17.35	1:43:39	5:58	28		38	
Runde	3.47	19:28	5:36	7	2:37	35	4:02	20.82	2:03:07	5:54	40		177	
Runde	3.47	19:40	5:40	6	2:08	30	4:33	24.29	2:22:47	5:52	24		26	37:37
Runde	3.47	19:52	5:43	5	2:21	25	4:09	27.76	2:42:39	5:51	24		35	37:07
Runde	3.47	20:09	5:48	3	2:26	17	3:55	31.23	3:02:48	5:51	38		177	45:41
Runde	3.47	20:47	5:59	4	1:53	18	4:13	34.70	3:23:35	5:52	27		28	49:51
Runde	3.47	22:24	6:27	4	1:49	25	5:32	38.17	3:45:59	5:55	28		35	55:16
Runde	3.97	22:38	5:42	5	2:35	35	5:47	42.18	4:08:37	5:53	7	35:28	40	2:46:48