



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt
Number: 81

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:17:59

Speed: 9.77 km/h
Running performance: 6:07 min/km

Rank in course/Total: 58 (of 220)

Rank in course/Men: 55 (of 194)

Best time in course: 3:07:34

Rank in category: 16(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	17:23	5:00	5	1:04	28	2:55	3.47	17:23	5:00	37		57	
Runde	3.47	17:10	4:56	4	0:49	18	2:34	6.94	34:33	4:58	37		57	
Runde	3.47	18:02	5:11	5	1:34	25	3:06	10.41	52:35	5:03	18		56	
Runde	3.47	18:29	5:19	6	2:05	28	3:23	13.88	1:11:04	5:07	41		190	
Runde	3.47	19:25	5:35	12	3:20	43	4:10	17.35	1:30:29	5:12	37		56	
Runde	3.47	20:12	5:49	14	3:21	48	4:46	20.82	1:50:41	5:18	35		53	
Runde	3.47	22:03	6:21	20	4:31	75	6:56	24.29	2:12:44	5:27	33		44	27:34
Runde	3.47	23:43	6:50	22	6:12	84	8:00	27.76	2:36:27	5:38	18		53	30:55
Runde	3.47	25:24	7:19	25	7:41	98	9:10	31.23	3:01:51	5:49	36		175	44:44
Runde	3.47	24:43	7:07	21	5:49	72	8:09	34.70	3:26:34	5:57	36		46	52:50
Runde	3.47	26:28	7:37	24	5:53	88	9:36	38.17	3:53:02	6:06	37		53	1:02:19
Runde	3.97	24:57	6:17	18	4:54	71	8:06	42.18	4:17:59	6:06	16	44:50	58	2:56:10