



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Lautner, Anton

Club: marathon4you.de
Number: 180

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:18:35

Speed: 9.75 km/h
Running performance: 6:08 min/km

Rank in course/Total: 59 (of 220)

Rank in course/Men: 56 (of 194)

Best time in course: 3:07:34

Rank in category: 7(of 38)

Best time in the category: 3:42:15

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	22:25	6:27	29	6:33	147	7:57	3.47	22:25	6:27	26	1:31	58	
Runde	3.47	22:00	6:20	20	6:18	129	7:24	6.94	44:25	6:24	26	0:11	58	
Runde	3.47	21:00	6:03	11	4:54	90	6:04	10.41	1:05:25	6:17	22	14:17	57	
Runde	3.47	21:15	6:07	11	4:37	88	6:09	13.88	1:26:40	6:14	25		44	
Runde	3.47	21:07	6:05	10	4:19	77	5:52	17.35	1:47:47	6:12	24		57	2:29
Runde	3.47	21:02	6:03	10	4:01	70	5:36	20.82	2:08:49	6:11	37		185	
Runde	3.47	21:18	6:08	5	3:53	59	6:11	24.29	2:30:07	6:10	25		45	44:57
Runde	3.47	21:45	6:16	5	3:54	50	6:02	27.76	2:51:52	6:11	25		54	46:20
Runde	3.47	21:28	6:11	4	2:32	35	5:14	31.23	3:13:20	6:11	25		46	56:13
Runde	3.47	21:47	6:16	2	0:17	27	5:13	34.70	3:35:07	6:11	27		47	1:01:23
Runde	3.47	22:27	6:28	4	1:18	26	5:35	38.17	3:57:34	6:13	26		54	1:06:51
Runde	3.97	21:01	5:17	2	0:04	20	4:10	42.18	4:18:35	6:07	7	36:20	59	2:56:46