



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Sutherland, Paul

Total time: 4:21:46

Club: DL Redway Runners , Milton Keynes , England

Speed: 9.63 km/h

Number: 300

Running performance: 6:13 min/km

Course: 42.18 km

Rank in course/Total: 62 (of 220)

Marathon

Rank in course/Men: 59 (of 194)

Best time in course: 3:07:34

Category:

Rank in category: 13(of 44)

Senioren M45 (45-49 Jahre)

Best time in the category: 3:33:12

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | | Total ranking | | Pos Men | Behind Men |
|---------|----------|------------|--------------|----------|-------------|-------------|------------|----------|------------|--------------|---------------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | | |
| Runde | 3.47 | 19:48 | 5:42 | 16 | 3:38 | 66 | 5:20 | 3.47 | 19:48 | 5:42 | 35 | | 62 | |
| Runde | 3.47 | 19:37 | 5:39 | 17 | 3:36 | 73 | 5:01 | 6.94 | 39:25 | 5:40 | 35 | | 62 | |
| Runde | 3.47 | 19:42 | 5:40 | 15 | 3:43 | 67 | 4:46 | 10.41 | 59:07 | 5:40 | 31 | | 60 | |
| Runde | 3.47 | 19:54 | 5:44 | 13 | 3:24 | 64 | 4:48 | 13.88 | 1:19:01 | 5:41 | 32 | | 48 | |
| Runde | 3.47 | 19:44 | 5:41 | 10 | 2:42 | 51 | 4:29 | 17.35 | 1:38:45 | 5:41 | 34 | | 61 | |
| Runde | 3.47 | 20:12 | 5:49 | 10 | 3:16 | 48 | 4:46 | 20.82 | 1:58:57 | 5:42 | 33 | | 55 | |
| Runde | 3.47 | 21:01 | 6:03 | 10 | 3:30 | 53 | 5:54 | 24.29 | 2:19:58 | 5:45 | 33 | | 49 | 34:48 |
| Runde | 3.47 | 22:32 | 6:29 | 13 | 4:49 | 63 | 6:49 | 27.76 | 2:42:30 | 5:51 | 20 | | 58 | 36:58 |
| Runde | 3.47 | 25:38 | 7:23 | 22 | 7:11 | 102 | 9:24 | 31.23 | 3:08:08 | 6:01 | 42 | | 186 | 51:01 |
| Runde | 3.47 | 24:59 | 7:11 | 19 | 5:40 | 78 | 8:25 | 34.70 | 3:33:07 | 6:08 | 30 | | 51 | 59:23 |
| Runde | 3.47 | 26:32 | 7:38 | 22 | 7:31 | 90 | 9:40 | 38.17 | 3:59:39 | 6:16 | 35 | | 58 | 1:08:56 |
| Runde | 3.97 | 22:07 | 5:34 | 11 | 3:30 | 33 | 5:16 | 42.18 | 4:21:46 | 6:12 | 13 | 48:34 | 62 | 2:59:57 |