



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Besold, Sandro

Club: Running Team Süßmann
Number: 30

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 4:22:07

Speed: 9.61 km/h
Running performance: 6:13 min/km

Rank in course/Total: 65 (of 220)

Rank in course/Men: 61 (of 194)

Best time in course: 3:07:34

Rank in category: 7(of 13)

Best time in the category: 3:23:57

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	20:01	5:46	8	3:48	69	5:33	3.47	20:01	5:46	7	2:13	61	
Runde	3.47	19:49	5:42	9	3:16	78	5:13	6.94	39:50	5:44	7	5:29	64	
Runde	3.47	19:55	5:44	8	3:21	73	4:59	10.41	59:45	5:44	7	8:50	59	
Runde	3.47	19:49	5:42	8	3:13	62	4:43	13.88	1:19:34	5:43	6	12:03	47	
Runde	3.47	20:04	5:46	7	2:54	60	4:49	17.35	1:39:38	5:44	7	14:57	60	
Runde	3.47	20:34	5:55	6	3:48	61	5:08	20.82	2:00:12	5:46	11	18:45	170	
Runde	3.47	23:07	6:39	8	5:56	91	8:00	24.29	2:23:19	5:54	7	24:41	48	38:09
Runde	3.47	21:49	6:17	6	4:43	52	6:06	27.76	2:45:08	5:56	7	29:24	60	39:36
Runde	3.47	22:49	6:34	5	5:50	53	6:35	31.23	3:07:57	6:01	12	35:14	185	50:50
Runde	3.47	23:59	6:54	5	7:25	55	7:25	34.70	3:31:56	6:06	7	42:39	50	58:12
Runde	3.47	24:59	7:11	6	8:07	61	8:07	38.17	3:56:55	6:12	6	22:52	57	1:06:12
Runde	3.97	25:12	6:20	7	7:24	77	8:21	42.18	4:22:07	6:12	7	58:10	64	3:00:18