



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 153

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:24:34

Speed: 9.53 km/h
Running performance: 6:16 min/km

Rank in course/Total: 69 (of 220)

Rank in course/Men: 66 (of 194)

Best time in course: 3:07:34

Rank in category: 14(of 44)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	3.47	21:36	6:13	30	5:26	128	7:08	3.47	21:36	6:13	36	0:38	68	
Runde	3.47	21:35	6:13	28	5:34	115	6:59	6.94	43:11	6:13	36	1:53	68	
Runde	3.47	21:01	6:03	21	5:02	93	6:05	10.41	1:04:12	6:10	38		167	
Runde	3.47	21:05	6:04	20	4:35	83	5:59	13.88	1:25:17	6:08	33	2:11	54	
Runde	3.47	21:28	6:11	20	4:26	86	6:13	17.35	1:46:45	6:09	35		67	1:27
Runde	3.47	21:35	6:13	19	4:39	81	6:09	20.82	2:08:20	6:09	34		59	
Runde	3.47	21:40	6:14	14	4:09	69	6:33	24.29	2:30:00	6:10	34		55	44:50
Runde	3.47	21:56	6:19	10	4:13	55	6:13	27.76	2:51:56	6:11	33		64	46:24
Runde	3.47	21:56	6:19	9	3:29	42	5:42	31.23	3:13:52	6:12	34		50	56:45
Runde	3.47	23:01	6:37	10	3:42	40	6:27	34.70	3:36:53	6:15	31		57	1:03:09
Runde	3.47	24:55	7:10	14	5:54	58	8:03	38.17	4:01:48	6:20	41		183	1:11:05
Runde	3.97	22:46	5:44	12	4:09	37	5:55	42.18	4:24:34	6:16	14	51:22	69	3:02:45