



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Holzappel, Ulf

Club: BSG Roadrunner SSK MD
Number: 137

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:26:00

Speed: 9.47 km/h
Running performance: 6:19 min/km

Rank in course/Total: 74 (of 220)

Rank in course/Men: 71 (of 194)

Best time in course: 3:07:34

Rank in category: 21(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	20:17	5:50	20	3:58	79	5:49	3.47	20:17	5:50	36		55	
Runde	3.47	19:39	5:39	17	3:18	74	5:03	6.94	39:56	5:45	42		73	
Runde	3.47	23:43	6:50	41	7:15	166	8:47	10.41	1:03:39	6:06	5		69	
Runde	3.47	22:27	6:28	30	6:03	120	7:21	13.88	1:26:06	6:12	22		58	
Runde	3.47	22:39	6:31	27	6:34	110	7:24	17.35	1:48:45	6:16	42		72	3:27
Runde	3.47	23:45	6:50	33	6:54	125	8:19	20.82	2:12:30	6:21	1	-	64	2:57
Runde	3.47	20:25	5:53	14	2:53	41	5:18	24.29	2:32:55	6:17	22		60	47:45
Runde	3.47	20:32	5:55	8	3:01	35	4:49	27.76	2:53:27	6:14	5		69	47:55
Runde	3.47	22:23	6:27	13	4:40	46	6:09	31.23	3:15:50	6:16	22		55	58:43
Runde	3.47	23:55	6:53	13	5:01	53	7:21	34.70	3:39:45	6:19	41		62	1:06:01
Runde	3.47	23:00	6:37	6	2:25	31	6:08	38.17	4:02:45	6:21	42		67	1:12:02
Runde	3.97	23:15	5:51	10	3:12	44	6:24	42.18	4:26:00	6:18	21	52:51	74	3:04:11