



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Zikmunda, Ondrej

Club: Prag
Number: 346

Course: 42.18 km
Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:26:19

Speed: 9.46 km/h
Running performance: 6:19 min/km

Rank in course/Total: 76 (of 220)

Rank in course/Men: 73 (of 194)

Best time in course: 3:07:34

Rank in category: 10(of 24)

Best time in the category: 3:07:34

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	18:58	5:27	7	4:30	50	4:30	3.47	18:58	5:27	15	0:55	75	
Runde	3.47	18:28	5:19	6	3:52	46	3:52	6.94	37:26	5:23	15	0:12	75	
Runde	3.47	18:52	5:26	7	3:56	45	3:56	10.41	56:18	5:24	8		71	
Runde	3.47	19:38	5:39	9	4:19	60	4:32	13.88	1:15:56	5:28	15		60	
Runde	3.47	19:53	5:43	8	4:35	57	4:38	17.35	1:35:49	5:31	14		55	
Runde	3.47	20:20	5:51	8	4:54	53	4:54	20.82	1:56:09	5:34	13		65	
Runde	3.47	20:25	5:53	6	5:18	41	5:18	24.29	2:16:34	5:37	15		62	31:24
Runde	3.47	21:39	6:14	9	5:56	48	5:56	27.76	2:38:13	5:41	11		71	32:41
Runde	3.47	24:59	7:11	13	8:45	87	8:45	31.23	3:03:12	5:51	22	22:28	180	46:05
Runde	3.47	27:53	8:02	16	11:16	131	11:19	34.70	3:31:05	6:04	11		64	57:21
Runde	3.47	27:18	7:52	12	10:19	111	10:26	38.17	3:58:23	6:14	12	33:56	68	1:07:40
Runde	3.97	27:56	7:02	18	11:05	128	11:05	42.18	4:26:19	6:18	11	1:51:32	76	3:04:30