



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Nordmann, Malte

Club: pankow-team 07
Number: 218

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:26:41

Speed: 9.45 km/h
Running performance: 6:19 min/km

Rank in course/Total: 77 (of 220)

Rank in course/Men: 74 (of 194)

Best time in course: 3:07:34

Rank in category: 8(of 38)

Best time in the category: 3:42:15

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	10	4:25	79	5:49	3.47	20:17	5:50	27		55	
Runde	3.47	19:20	5:34	8	3:38	66	4:44	6.94	39:37	5:42	27		76	
Runde	3.47	20:01	5:46	9	3:55	76	5:05	10.41	59:38	5:43	23	8:30	72	
Runde	3.47	20:06	5:47	7	3:28	70	5:00	13.88	1:19:44	5:44	26		61	
Runde	3.47	20:26	5:53	7	3:38	68	5:11	17.35	1:40:10	5:46	18		75	
Runde	3.47	20:36	5:56	6	3:35	63	5:10	20.82	2:00:46	5:48	26		66	
Runde	3.47	21:37	6:13	7	4:12	67	6:30	24.29	2:22:23	5:51	26		63	37:13
Runde	3.47	22:37	6:31	9	4:46	66	6:54	27.76	2:45:00	5:56	26		72	39:28
Runde	3.47	23:22	6:44	8	4:26	64	7:08	31.23	3:08:22	6:01	26		57	51:15
Runde	3.47	25:02	7:12	12	3:32	79	8:28	34.70	3:33:24	6:08	31		65	59:40
Runde	3.47	25:15	7:16	11	4:06	67	8:23	38.17	3:58:39	6:15	27		69	1:07:56
Runde	3.97	28:02	7:03	22	7:05	129	11:11	42.18	4:26:41	6:19	8	44:26	77	3:04:52