



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Kryza, Frank**

Club: Winsen  
Number: 177

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:28:09

Speed: 9.40 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 79 (of 220)

Rank in course/Men: 76 (of 194)

Best time in course: 3:07:34

Rank in category: 16(of 44)

Best time in the category: 3:33:12

Control	Intermediate times							Stage score				Total ranking			
	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	17:14	4:57	9	1:04	26	2:46	3.47	17:14	4:57	38		78		
Runde	3.47	17:50	5:08	9	1:49	30	3:14	6.94	35:04	5:03	38		78		
Runde	3.47	19:09	5:31	12	3:10	53	4:13	10.41	54:13	5:12	29		35		
Runde	3.47	20:01	5:46	14	3:31	66	4:55	13.88	1:14:14	5:20	35		63		
Runde	3.47	20:37	5:56	14	3:35	70	5:22	17.35	1:34:51	5:28	37		77		
Runde	3.47	21:02	6:03	13	4:06	70	5:36	20.82	1:55:53	5:33	35		68		
Runde	3.47	22:43	6:32	20	5:12	83	7:36	24.29	2:18:36	5:42	36		65	33:26	
Runde	3.47	25:11	7:15	26	7:28	120	9:28	27.76	2:43:47	5:53	35		74	38:15	
Runde	3.47	25:09	7:14	19	6:42	91	8:55	31.23	3:08:56	6:02	43		188	51:49	
Runde	3.47	25:31	7:21	20	6:12	85	8:57	34.70	3:34:27	6:10	33		67	1:00:43	
Runde	3.47	26:02	7:30	20	7:01	82	9:10	38.17	4:00:29	6:18	36		70	1:09:46	
Runde	3.97	27:40	6:58	27	9:03	122	10:49	42.18	4:28:09	6:21	16	54:57	79	3:06:20	