



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Raber, Roland

Club: LLG Wustweiler
Number: 240

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:33:42

Speed: 9.21 km/h
Running performance: 6:29 min/km

Rank in course/Total: 84 (of 220)

Rank in course/Men: 81 (of 194)

Best time in course: 3:07:34

Rank in category: 19(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	20:16	5:50	18	4:06	77	5:48	3.47	20:16	5:50	37		74	
Runde	3.47	18:02	5:11	11	2:01	36	3:26	6.94	38:18	5:31	41		54	
Runde	3.47	18:05	5:12	7	2:06	27	3:09	10.41	56:23	5:24	2		77	
Runde	3.47	18:48	5:25	8	2:18	34	3:42	13.88	1:15:11	5:25	38		68	
Runde	3.47	18:45	5:24	8	1:43	30	3:30	17.35	1:33:56	5:24	40		82	
Runde	3.47	19:12	5:31	7	2:16	30	3:46	20.82	1:53:08	5:26	38		72	
Runde	3.47	21:17	6:08	11	3:46	57	6:10	24.29	2:14:25	5:32	39		70	29:15
Runde	3.47	23:25	6:44	18	5:42	80	7:42	27.76	2:37:50	5:41	32		51	32:18
Runde	3.47	27:33	7:56	29	9:06	140	11:19	31.23	3:05:23	5:56	37		62	48:16
Runde	3.47	29:31	8:30	35	10:12	154	12:57	34.70	3:34:54	6:11	36		72	1:01:10
Runde	3.47	29:45	8:34	33	10:44	150	12:53	38.17	4:04:39	6:24	37		72	1:13:56
Runde	3.97	29:03	7:19	33	10:26	150	12:12	42.18	4:33:42	6:29	19	1:00:30	84	3:11:53