



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Staal, Finn**

Club: Stenlose DK  
Number: 285

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

**Total time: 4:38:56**

Speed: 9.03 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 94 (of 220)

Rank in course/Men: 90 (of 194)

Best time in course: 3:07:34

Rank in category: 22(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	18:52	5:26	14	2:42	49	4:24	3.47	18:52	5:26	44		92	
Runde	3.47	18:59	5:28	15	2:58	53	4:23	6.94	37:51	5:27	44		92	
Runde	3.47	19:50	5:42	16	3:51	70	4:54	10.41	57:41	5:32	4		83	
Runde	3.47	20:40	5:57	18	4:10	78	5:34	13.88	1:18:21	5:38	41		77	
Runde	3.47	20:59	6:02	16	3:57	75	5:44	17.35	1:39:20	5:43	32		91	
Runde	3.47	21:52	6:18	21	4:56	83	6:26	20.82	2:01:12	5:49	40		175	
Runde	3.47	22:56	6:36	21	5:25	84	7:49	24.29	2:24:08	5:56	31		79	38:58
Runde	3.47	24:16	6:59	21	6:33	98	8:33	27.76	2:48:24	6:03	4		87	42:52
Runde	3.47	25:33	7:21	21	7:06	101	9:19	31.23	3:13:57	6:12	40		71	56:50
Runde	3.47	28:13	8:07	29	8:54	137	11:39	34.70	3:42:10	6:24	2		81	1:08:26
Runde	3.47	29:08	8:23	31	10:07	144	12:16	38.17	4:11:18	6:35	33		80	1:20:35
Runde	3.97	27:38	6:57	26	9:01	120	10:47	42.18	4:38:56	6:36	22	1:05:44	93	3:17:07