



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Süßenguth, Michael

Club: Laufgruppe ungemütlich
Number: 298

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 4:39:13

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

Rank in course/Total: 95 (of 220)

Rank in course/Men: 91 (of 194)

Best time in course: 3:07:34

Rank in category: 8(of 13)

Best time in the category: 3:23:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	3.47	20:25	5:53	9	4:12	89	5:57	3.47	20:25	5:53	8	2:37	93	
Runde	3.47	19:28	5:36	7	2:55	70	4:52	6.94	39:53	5:44	8	5:32	93	
Runde	3.47	18:50	5:25	5	2:16	44	3:54	10.41	58:43	5:38	8	7:48	84	
Runde	3.47	19:09	5:31	4	2:33	44	4:03	13.88	1:17:52	5:36	7	10:21	78	
Runde	3.47	20:13	5:49	8	3:03	65	4:58	17.35	1:38:05	5:39	8	13:24	92	
Runde	3.47	21:11	6:06	8	4:25	74	5:45	20.82	1:59:16	5:43	7	17:49	81	
Runde	3.47	22:07	6:22	7	4:56	76	7:00	24.29	2:21:23	5:49	8	22:45	80	36:13
Runde	3.47	21:43	6:15	5	4:37	49	6:00	27.76	2:43:06	5:52	8	27:22	88	37:34
Runde	3.47	25:02	7:12	7	8:03	88	8:48	31.23	3:08:08	6:01	13	35:25	186	51:01
Runde	3.47	29:08	8:23	10	12:34	150	12:34	34.70	3:37:16	6:15	8	47:59	82	1:03:32
Runde	3.47	31:28	9:04	11	14:36	163	14:36	38.17	4:08:44	6:30	7	34:41	81	1:18:01
Runde	3.97	30:29	7:40	13	12:41	164	13:38	42.18	4:39:13	6:37	8	1:15:16	94	3:17:24