



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Henz, Thomas**

Club: SporTecPRO  
Number: 124

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:40:30

Speed: 8.98 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 99 (of 220)

Rank in course/Men: 93 (of 194)

Best time in course: 3:07:34

Rank in category: 24(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	19:36	5:38	15	3:26	62	5:08	3.47	19:36	5:38	12		94	
Runde	3.47	19:21	5:34	16	3:20	67	4:45	6.94	38:57	5:36	12		94	
Runde	3.47	19:41	5:40	14	3:42	66	4:45	10.41	58:38	5:37	10		85	
Runde	3.47	20:06	5:47	15	3:36	70	5:00	13.88	1:18:44	5:40	12		79	
Runde	3.47	21:30	6:11	21	4:28	87	6:15	17.35	1:40:14	5:46	12		93	
Runde	3.47	22:05	6:21	23	5:09	88	6:39	20.82	2:02:19	5:52	2		82	
Runde	3.47	23:29	6:46	25	5:58	104	8:22	24.29	2:25:48	6:00	12		81	40:38
Runde	3.47	25:43	7:24	27	8:00	128	10:00	27.76	2:51:31	6:10	11		89	45:59
Runde	3.47	26:47	7:43	25	8:20	128	10:33	31.23	3:18:18	6:20	12		72	1:01:11
Runde	3.47	27:04	7:48	25	7:45	119	10:30	34.70	3:45:22	6:29	12		83	1:11:38
Runde	3.47	27:01	7:47	25	8:00	102	10:09	38.17	4:12:23	6:36	12		82	1:21:40
Runde	3.97	28:07	7:04	28	9:30	133	11:16	42.18	4:40:30	6:39	24	1:07:18	96	3:18:41