12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Rasmussen, Frank

Club: Vejle IF
Number: 243

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:46:46

Speed: 8.83 km/h
Running performance: 6:48 min/km

Rank in course/Total: 114 (of 220)

Rank in course/Men: 107 (of 194)

Best time in course: 3:07:34

Rank in category: 30(of 42)

Best time in the category: 3:33:09

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	22:02	6:20	35	5:43	140	7:34	3.47	22:02	6:20	9	1:44	109	
Runde	3.47	22:36	6:30	36	6:15	145	8:00	6.94	44:38	6:25	9	2:37	109	
Runde	3.47	22:12	6:23	31	5:44	125	7:16	10.41	1:06:50	6:25	40	2:07	175	
Runde	3.47	22:11	6:23	26	5:47	112	7:05	13.88	1:29:01	6:24	9	2:54	94	
Runde	3.47	22:49	6:34	28	6:44	114	7:34	17.35	1:51:50	6:26	9	2:48	108	6:32
Runde	3.47	22:54	6:35	25	6:03	102	7:28	20.82	2:14:44	6:28	8	2:14	92	5:11
Runde	3.47	24:17	6:59	33	6:45	117	9:10	24.29	2:39:01	6:32	9	1:21	96	53:51
Runde	3.47	23:48	6:51	24	6:17	86	8:05	27.76	3:02:49	6:35	40		177	57:17
Runde	3.47	24:51	7:09	22	7:08	85	8:37	31.23	3:27:40	6:38	9		87	1:10:33
Runde	3.47	26:24	7:36	30	7:30	105	9:50	34.70	3:54:04	6:44	9		98	1:20:20
Runde	3.47	27:33	7:56	32	6:58	117	10:41	38.17	4:21:37	6:51	9		97	1:30:54
Runde	3.97	25:09	6:20	19	5:06	74	8:18	42.18	4:46:46	6:47	30	1:13:37	110	3:24:57