



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Mania, Wieslaw

Club: Bremen
Number: 190

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:47:49

Speed: 8.76 km/h
Running performance: 6:49 min/km

Rank in course/Total: 119 (of 220)

Rank in course/Men: 110 (of 194)

Best time in course: 3:07:34

Rank in category: 17(of 38)

Best time in the category: 3:42:15

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	17:34	5:03	4	1:42	34	3:06	3.47	17:34	5:03	36		111	
Runde	3.47	18:11	5:14	4	2:29	42	3:35	6.94	35:45	5:09	36		111	
Runde	3.47	18:44	5:23	4	2:38	42	3:48	10.41	54:29	5:14	15	3:21	94	
Runde	3.47	20:13	5:49	9	3:35	73	5:07	13.88	1:14:42	5:22	35		96	
Runde	3.47	22:06	6:22	16	5:18	102	6:51	17.35	1:36:48	5:34	34		110	
Runde	3.47	24:00	6:54	19	6:59	131	8:34	20.82	2:00:48	5:48	34		173	
Runde	3.47	25:47	7:25	24	8:22	145	10:40	24.29	2:26:35	6:02	34		47	41:25
Runde	3.47	31:14	9:00	38	13:23	189	15:31	27.76	2:57:49	6:24	34		98	52:17
Runde	3.47	25:51	7:26	21	6:55	111	9:37	31.23	3:23:40	6:31	35		89	1:06:33
Runde	3.47	26:54	7:45	22	5:24	114	10:20	34.70	3:50:34	6:38	22		100	1:16:50
Runde	3.47	28:11	8:07	25	7:02	127	11:19	38.17	4:18:45	6:46	35		99	1:28:02
Runde	3.97	29:04	7:19	26	8:07	152	12:13	42.18	4:47:49	6:49	17	1:05:34	113	3:26:00