



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Porstner, Crispin

Club: Bremen
Number: 236

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 4:53:05

Speed: 8.60 km/h
Running performance: 6:57 min/km

Rank in course/Total: 135 (of 220)

Rank in course/Men: 124 (of 194)

Best time in course: 3:07:34

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	3.47	17:40	5:05	4	1:27	36	3:12	3.47	17:40	5:05	9			117
Runde	3.47	19:48	5:42	8	3:15	77	5:12	6.94	37:28	5:23	9	3:07		126
Runde	3.47	21:00	6:03	10	4:26	90	6:04	10.41	58:28	5:36	9	7:33		103
Runde	3.47	22:08	6:22	10	5:32	109	7:02	13.88	1:20:36	5:48	8	13:05		111
Runde	3.47	22:38	6:31	10	5:28	109	7:23	17.35	1:43:14	5:57	9	18:33		125
Runde	3.47	23:51	6:52	10	7:05	129	8:25	20.82	2:07:05	6:06	12	25:38		181
Runde	3.47	26:04	7:30	12	8:53	148	10:57	24.29	2:33:09	6:18	9	34:31	113	47:59
Runde	3.47	27:16	7:51	12	10:10	157	11:33	27.76	3:00:25	6:29	9	44:41	106	54:53
Runde	3.47	27:44	7:59	10	10:45	144	11:30	31.23	3:28:09	6:39	6	55:26	104	1:11:02
Runde	3.47	28:17	8:09	9	11:43	140	11:43	34.70	3:56:26	6:48	9	1:07:09	115	1:22:42
Runde	3.47	29:01	8:21	9	12:09	141	12:09	38.17	4:25:27	6:57	8	51:24	114	1:34:44
Runde	3.97	27:38	6:57	8	9:50	120	10:47	42.18	4:53:05	6:56	9	1:29:08	127	3:31:16