



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Asche, Mike

Club: LT Hämelerwald
Number: 10

Course: 42.18 km
Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:58:31

Speed: 8.44 km/h
Running performance: 7:05 min/km

Rank in course/Total: 151 (of 220)

Rank in course/Men: 137 (of 194)

Best time in course: 3:07:34

Rank in category: 17(of 24)

Best time in the category: 3:07:34

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	20:47	5:59	11	6:19	100	6:19	3.47	20:47	5:59	8	2:44	139	
Runde	3.47	20:36	5:56	12	6:00	91	6:00	6.94	41:23	5:57	8	4:09	139	
Runde	3.47	20:54	6:01	13	5:58	89	5:58	10.41	1:02:17	5:58	19	5:06	155	
Runde	3.47	21:27	6:10	13	6:08	94	6:21	13.88	1:23:44	6:01	8	5:40	124	
Runde	3.47	23:13	6:41	18	7:55	127	7:58	17.35	1:46:57	6:09	7	6:52	138	1:39
Runde	3.47	24:31	7:03	20	9:05	147	9:05	20.82	2:11:28	6:18	8	8:11	115	1:55
Runde	3.47	25:36	7:22	17	10:29	140	10:29	24.29	2:37:04	6:27	8	9:21	126	51:54
Runde	3.47	27:00	7:46	20	11:17	153	11:17	27.76	3:04:04	6:37	22	12:03	179	58:32
Runde	3.47	32:11	9:16	22	15:57	185	15:57	31.23	3:36:15	6:55	7	55:31	117	1:19:08
Runde	3.47	28:58	8:20	20	12:21	147	12:24	34.70	4:05:13	7:04	21	22:43	184	1:31:29
Runde	3.47	28:45	8:17	18	11:46	133	11:53	38.17	4:33:58	7:10	7	1:09:31	127	1:43:15
Runde	3.97	24:33	6:11	11	7:42	64	7:42	42.18	4:58:31	7:04	18	2:23:44	140	3:36:42