



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Sabottka, Michael

Club: K.A.T. ZENtrum
Number: 258

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:58:54

Speed: 8.43 km/h
Running performance: 7:05 min/km

Rank in course/Total: 152 (of 220)

Rank in course/Men: 138 (of 194)

Best time in course: 3:07:34

Rank in category: 30(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	21:34	6:12	29	5:24	125	7:06	3.47	21:34	6:12	8	0:36	132	
Runde	3.47	23:15	6:42	38	7:14	161	8:39	6.94	44:49	6:27	8	3:31	140	
Runde	3.47	22:21	6:26	31	6:22	130	7:25	10.41	1:07:10	6:27	39		176	
Runde	3.47	22:59	6:37	33	6:29	135	7:53	13.88	1:30:09	6:29	8	7:03	125	
Runde	3.47	23:23	6:44	31	6:21	132	8:08	17.35	1:53:32	6:32	9		139	8:14
Runde	3.47	23:29	6:46	27	6:33	118	8:03	20.82	2:17:01	6:34	9		116	7:28
Runde	3.47	24:26	7:02	28	6:55	120	9:19	24.29	2:41:27	6:38	9		127	56:17
Runde	3.47	25:59	7:29	29	8:16	135	10:16	27.76	3:07:26	6:45	7		114	1:01:54
Runde	3.47	28:08	8:06	33	9:41	148	11:54	31.23	3:35:34	6:54	8	2:02	118	1:18:27
Runde	3.47	28:07	8:06	28	8:48	135	11:33	34.70	4:03:41	7:01	9		122	1:29:57
Runde	3.47	27:42	7:58	28	8:41	123	10:50	38.17	4:31:23	7:06	9		128	1:40:40
Runde	3.97	27:31	6:55	25	8:54	116	10:40	42.18	4:58:54	7:05	30	1:25:42	141	3:37:05