



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 |