



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Piossek, Heiko**

Club: Düsseldorf  
Number: 230

Course: 42.18 km  
Marathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 5:02:08

Speed: 8.34 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 156 (of 220)

Rank in course/Men: 142 (of 194)

Best time in course: 3:07:34

Rank in category: 6(of 10)

Best time in the category: 3:25:37

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	23:18	6:42	6	6:56	165	8:50	3.47	23:18	6:42	6	6:56	144	0:07
Runde	3.47	24:20	7:00	8	7:49	184	9:44	6.94	47:38	6:51	6	14:45	144	0:57
Runde	3.47	26:37	7:40	10	10:04	192	11:41	10.41	1:14:15	7:07	5	24:49	110	2:14
Runde	3.47	23:59	6:54	9	7:34	165	8:53	13.88	1:38:14	7:04	5	21:02	129	
Runde	3.47	25:45	7:25	9	9:15	180	10:30	17.35	2:03:59	7:08	9	41:38	190	18:41
Runde	3.47	24:32	7:04	5	7:54	148	9:06	20.82	2:28:31	7:08	6	49:32	120	18:58
Runde	3.47	24:32	7:04	5	7:09	123	9:25	24.29	2:53:03	7:07	6	56:41	131	1:07:53
Runde	3.47	25:32	7:21	6	8:00	123	9:49	27.76	3:18:35	7:09	6	1:04:41	117	1:13:03
Runde	3.47	26:01	7:29	5	7:53	114	9:47	31.23	3:44:36	7:11	5	1:12:34	122	1:27:29
Runde	3.47	25:45	7:25	5	8:01	90	9:11	34.70	4:10:21	7:12	5	1:20:35	124	1:36:37
Runde	3.47	25:48	7:26	3	8:02	75	8:56	38.17	4:36:09	7:14	6	1:28:37	132	1:45:26
Runde	3.97	25:59	6:32	5	7:54	95	9:08	42.18	5:02:08	7:09	6	1:36:31	145	3:40:19