



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

Regl, Christoph

Club: LAG Genböck-Haus Ried  
Number: 247

Course: 42.18 km  
Marathon

Category:  
Männer (20-29 Jahre)

Total time: 5:07:57

Speed: 8.18 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 163 (of 220)

Rank in course/Men: 149 (of 194)

Best time in course: 3:07:34

Rank in category: 11(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	24:37	7:05	13	8:24	186	10:09	3.47	24:37	7:05	11	6:49	151	1:26
Runde	3.47	23:42	6:49	12	7:09	176	9:06	6.94	48:19	6:57	11	13:58	151	1:38
Runde	3.47	24:21	7:01	13	7:47	177	9:25	10.41	1:12:40	6:58	11	21:45	112	0:39
Runde	3.47	23:54	6:53	11	7:18	161	8:48	13.88	1:36:34	6:57	10	29:03	136	
Runde	3.47	24:18	7:00	12	7:08	156	9:03	17.35	2:00:52	6:57	13	36:11	184	15:34
Runde	3.47	24:27	7:02	12	7:41	142	9:01	20.82	2:25:19	6:58	8	43:52	127	15:46
Runde	3.47	24:56	7:11	10	7:45	125	9:49	24.29	2:50:15	7:00	11	51:37	138	1:05:05
Runde	3.47	25:42	7:24	9	8:36	127	9:59	27.76	3:15:57	7:03	11	1:00:13	124	1:10:25
Runde	3.47	26:37	7:40	9	9:38	126	10:23	31.23	3:42:34	7:07	8	1:09:51	129	1:25:27
Runde	3.47	27:32	7:56	8	10:58	125	10:58	34.70	4:10:06	7:12	13	1:20:49	190	1:36:22
Runde	3.47	28:45	8:17	8	11:53	133	11:53	38.17	4:38:51	7:18	10	1:04:48	139	1:48:08
Runde	3.97	29:06	7:19	11	11:18	154	12:15	42.18	5:07:57	7:18	11	1:44:00	152	3:46:08