



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Lossau, Oliver

Club: DerFürSichSelbstLäuft
Number: 186

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:13:17

Speed: 8.04 km/h
Running performance: 7:26 min/km

Rank in course/Total: 172 (of 220)

Rank in course/Men: 157 (of 194)

Best time in course: 3:07:34

Rank in category: 38(of 42)

Best time in the category: 3:33:09

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	21:51	6:17	31	5:32	134	7:23	3.47	21:51	6:17	17	1:33	159	
Runde	3.47	22:07	6:22	34	5:46	131	7:31	6.94	43:58	6:20	17	1:57	159	
Runde	3.47	22:32	6:29	33	6:04	135	7:36	10.41	1:06:30	6:23	13	1:47	115	
Runde	3.47	24:59	7:11	42	8:35	180	9:53	13.88	1:31:29	6:35	17	5:22	144	
Runde	3.47	26:45	7:42	42	10:40	188	11:30	17.35	1:58:14	6:48	17	9:12	155	12:56
Runde	3.47	25:26	7:19	39	8:35	163	10:00	20.82	2:23:40	6:54	16	11:10	135	14:07
Runde	3.47	25:27	7:20	37	7:55	138	10:20	24.29	2:49:07	6:57	17	11:27	146	1:03:57
Runde	3.47	27:14	7:50	38	9:43	154	11:31	27.76	3:16:21	7:04	13	11:56	131	1:10:49
Runde	3.47	28:15	8:08	37	10:32	150	12:01	31.23	3:44:36	7:11	17	13:39	122	1:27:29
Runde	3.47	30:08	8:41	38	11:14	162	13:34	34.70	4:14:44	7:20	17	17:54	133	1:41:00
Runde	3.47	30:01	8:39	37	9:26	151	13:09	38.17	4:44:45	7:27	17	20:39	147	1:54:02
Runde	3.97	28:32	7:11	38	8:29	139	11:41	42.18	5:13:17	7:25	38	1:40:08	160	3:51:28