



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Paraniak, Jan**

Club: Team Skavsåret IF  
Number: 224

Course: 42.18 km  
Marathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 5:15:37

Speed: 7.98 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 176 (of 220)

Rank in course/Men: 161 (of 194)

Best time in course: 3:07:34

Rank in category: 4(of 6)

Best time in the category: 4:50:35

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	22:52	6:35	2	1:36	153	8:24	3.47	22:52	6:35	3		135	
Runde	3.47	22:38	6:31	4	0:45	147	8:02	6.94	45:30	6:33	5		146	
Runde	3.47	23:52	6:52	4	2:28	168	8:56	10.41	1:09:22	6:39	3		119	
Runde	3.47	23:50	6:52	4	2:43	159	8:44	13.88	1:33:12	6:42	5		148	
Runde	3.47	24:08	6:57	3	2:42	150	8:53	17.35	1:57:20	6:45	4	10:14	159	12:02
Runde	3.47	25:11	7:15	4	3:49	158	9:45	20.82	2:22:31	6:50	4	14:03	139	12:58
Runde	3.47	25:53	7:27	3	4:40	146	10:46	24.29	2:48:24	6:55	4	18:43	150	1:03:14
Runde	3.47	26:41	7:41	3	3:54	145	10:58	27.76	3:15:05	7:01	3	22:37	135	1:09:33
Runde	3.47	28:14	8:08	4	4:36	149	12:00	31.23	3:43:19	7:09	4	27:13	141	1:26:12
Runde	3.47	28:09	8:06	4	2:23	136	11:35	34.70	4:11:28	7:14	3	29:36	136	1:37:44
Runde	3.47	29:40	8:32	3	2:13	148	12:48	38.17	4:41:08	7:21	4	30:23	151	1:50:25
Runde	3.97	34:29	8:41	4	8:09	189	17:38	42.18	5:15:37	7:28	6	3:53:48	164	3:53:48