



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Hansen, Dirk

Club: Leck

Number: 113

Course: 42.18 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 5:15:39

Speed: 7.98 km/h

Running performance: 7:29 min/km

Rank in course/Total: 177 (of 220)

Rank in course/Men: 162 (of 194)

Best time in course: 3:07:34

Rank in category: 38(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 | 22:25 | 6:27 | 34 | 6:15 | 147 | 7:57 | 3.47 | 22:25 | 6:27 | 16 | 1:27 | 58 | |
| Runde | 3.47 | 22:46 | 6:33 | 35 | 6:45 | 148 | 8:10 | 6.94 | 45:11 | 6:30 | 16 | 3:53 | 164 | |
| Runde | 3.47 | 24:24 | 7:01 | 40 | 8:25 | 178 | 9:28 | 10.41 | 1:09:35 | 6:41 | 11 | | 120 | |
| Runde | 3.47 | 24:59 | 7:11 | 41 | 8:29 | 180 | 9:53 | 13.88 | 1:34:34 | 6:48 | 16 | 11:28 | 149 | |
| Runde | 3.47 | 25:10 | 7:15 | 39 | 8:08 | 172 | 9:55 | 17.35 | 1:59:44 | 6:54 | 16 | 3:19 | 160 | 14:26 |
| Runde | 3.47 | 25:34 | 7:22 | 38 | 8:38 | 167 | 10:08 | 20.82 | 2:25:18 | 6:58 | 17 | 4:26 | 140 | 15:45 |
| Runde | 3.47 | 27:03 | 7:47 | 41 | 9:32 | 172 | 11:56 | 24.29 | 2:52:21 | 7:05 | 17 | 5:25 | 151 | 1:07:11 |
| Runde | 3.47 | 27:15 | 7:51 | 34 | 9:32 | 156 | 11:32 | 27.76 | 3:19:36 | 7:11 | 13 | | 136 | 1:14:04 |
| Runde | 3.47 | 29:01 | 8:21 | 35 | 10:34 | 157 | 12:47 | 31.23 | 3:48:37 | 7:19 | 16 | 15:05 | 142 | 1:31:30 |
| Runde | 3.47 | 29:15 | 8:25 | 34 | 9:56 | 151 | 12:41 | 34.70 | 4:17:52 | 7:25 | 15 | 13:33 | 137 | 1:44:08 |
| Runde | 3.47 | 29:30 | 8:30 | 32 | 10:29 | 147 | 12:38 | 38.17 | 4:47:22 | 7:31 | 17 | 11:29 | 152 | 1:56:39 |
| Runde | 3.97 | 28:17 | 7:07 | 30 | 9:40 | 137 | 11:26 | 42.18 | 5:15:39 | 7:29 | 38 | 1:42:27 | 165 | 3:53:50 |