



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Sysol, Joachim**

Club: Esslingen  
Number: 302

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 5:22:03

Speed: 7.82 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 186 (of 220)

Rank in course/Men: 167 (of 194)

Best time in course: 3:07:34

Rank in category: 40(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     | 23:18      | 6:42         | 39          | 7:08        | 165     | 8:50       | 3.47          | 23:18      | 6:42         | 18       | 2:20        | 144     | 0:07       |
| Runde              | 3.47     | 23:35      | 6:47         | 40          | 7:34        | 172     | 8:59       | 6.94          | 46:53      | 6:45         | 18       | 5:35        | 169     | 0:12       |
| Runde              | 3.47     | 23:38      | 6:48         | 39          | 7:39        | 162     | 8:42       | 10.41         | 1:10:31    | 6:46         | 13       |             | 124     |            |
| Runde              | 3.47     | 24:00      | 6:54         | 37          | 7:30        | 167     | 8:54       | 13.88         | 1:34:31    | 6:48         | 18       | 11:25       | 154     |            |
| Runde              | 3.47     | 24:56      | 7:11         | 38          | 7:54        | 168     | 9:41       | 17.35         | 1:59:27    | 6:53         | 18       | 3:02        | 165     | 14:09      |
| Runde              | 3.47     | 26:00      | 7:29         | 41          | 9:04        | 174     | 10:34      | 20.82         | 2:25:27    | 6:59         | 19       | 4:35        | 145     | 15:54      |
| Runde              | 3.47     | 26:34      | 7:39         | 38          | 9:03        | 160     | 11:27      | 24.29         | 2:52:01    | 7:04         | 19       | 5:05        | 156     | 1:06:51    |
| Runde              | 3.47     | 28:00      | 8:04         | 38          | 10:17       | 165     | 12:17      | 27.76         | 3:20:01    | 7:12         | 15       |             | 141     | 1:14:29    |
| Runde              | 3.47     | 29:20      | 8:27         | 38          | 10:53       | 162     | 13:06      | 31.23         | 3:49:21    | 7:20         | 18       | 15:49       | 147     | 1:32:14    |
| Runde              | 3.47     | 31:33      | 9:05         | 40          | 12:14       | 170     | 14:59      | 34.70         | 4:20:54    | 7:31         | 17       | 16:35       | 142     | 1:47:10    |
| Runde              | 3.47     | 31:33      | 9:05         | 38          | 12:32       | 165     | 14:41      | 38.17         | 4:52:27    | 7:39         | 19       | 16:34       | 157     | 2:01:44    |
| Runde              | 3.97     | 29:36      | 7:27         | 35          | 10:59       | 156     | 12:45      | 42.18         | 5:22:03    | 7:38         | 40       | 1:48:51     | 170     | 4:00:14    |