



# 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