



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Blumensaat, Roland

Club: schritt-weise.de
Number: 38

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 5:28:54

Speed: 7.66 km/h
Running performance: 7:48 min/km

Rank in course/Total: 197 (of 220)

Rank in course/Men: 177 (of 194)

Best time in course: 3:07:34

Rank in category: 9(of 10)

Best time in the category: 3:25:37

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	26:45	7:42	10	10:23	191	12:17	3.47	26:45	7:42	9	10:23	178	3:34
Runde	3.47	27:37	7:57	10	11:06	192	13:01	6.94	54:22	7:50	9	21:29	179	7:41
Runde	3.47	26:13	7:33	9	9:40	191	11:17	10.41	1:20:35	7:44	7	31:09	132	8:34
Runde	3.47	23:44	6:50	8	7:19	158	8:38	13.88	1:44:19	7:30	8	27:07	163	5:30
Runde	3.47	26:57	7:45	10	10:27	189	11:42	17.35	2:11:16	7:33	10	48:55	191	25:58
Runde	3.47	26:53	7:44	10	10:15	185	11:27	20.82	2:38:09	7:35	9	59:10	155	28:36
Runde	3.47	27:26	7:54	9	10:03	178	12:19	24.29	3:05:35	7:38	9	1:09:13	166	1:20:25
Runde	3.47	27:40	7:58	8	10:08	161	11:57	27.76	3:33:15	7:40	9	1:19:21	150	1:27:43
Runde	3.47	28:30	8:12	8	10:22	152	12:16	31.23	4:01:45	7:44	8	1:29:43	156	1:44:38
Runde	3.47	29:21	8:27	8	11:37	153	12:47	34.70	4:31:06	7:48	8	1:41:20	152	1:57:22
Runde	3.47	28:47	8:17	7	11:01	135	11:55	38.17	4:59:53	7:51	10	1:52:21	189	2:09:10
Runde	3.97	29:01	7:18	8	10:56	149	12:10	42.18	5:28:54	7:47	9	2:03:17	180	4:07:05