



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Trambo, Uwe**

Club: Peewee  
Number: 311

Course: 42.18 km  
Marathon

Category:  
Senioren M35 (35-39 Jahre)

**Total time: 5:37:56**

Speed: 7.46 km/h  
Running performance: 8:01 min/km

Rank in course/Total: 205 (of 220)

Rank in course/Men: 184 (of 194)

Best time in course: 3:07:34

Rank in category: 23(of 24)

Best time in the category: 3:07:34

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	24:32	7:04	23	10:04	184	10:04	3.47	24:32	7:04	2	6:29	186	1:21
Runde	3.47	24:42	7:07	23	10:06	187	10:06	6.94	49:14	7:05	2	12:00	186	2:33
Runde	3.47	24:25	7:02	23	9:29	179	9:29	10.41	1:13:39	7:04	2	16:28	138	1:38
Runde	3.47	24:53	7:10	23	9:34	178	9:47	13.88	1:38:32	7:05	2	20:28	171	
Runde	3.47	25:53	7:27	23	10:35	183	10:38	17.35	2:04:25	7:10	2	24:20	177	19:07
Runde	3.47	25:30	7:20	22	10:04	164	10:04	20.82	2:29:55	7:12	2	26:38	162	20:22
Runde	3.47	27:17	7:51	22	12:10	175	12:10	24.29	2:57:12	7:17	2	29:29	173	1:12:02
Runde	3.47	30:25	8:45	23	14:42	184	14:42	27.76	3:27:37	7:28	2	35:36	158	1:22:05
Runde	3.47	33:13	9:34	23	16:59	188	16:59	31.23	4:00:50	7:42	23	1:20:06	190	1:43:43
Runde	3.47	32:43	9:25	23	16:06	179	16:09	34.70	4:33:33	7:52	2	51:03	159	1:59:49
Runde	3.47	33:01	9:30	23	16:02	183	16:09	38.17	5:06:34	8:01	2	1:42:07	172	2:15:51
Runde	3.97	31:22	7:54	24	14:31	169	14:31	42.18	5:37:56	8:00	24	3:03:09	187	4:16:07