



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Podewils, Thomas

Club: Berlin
Number: 233

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 5:41:27

Speed: 7.38 km/h
Running performance: 8:05 min/km

Rank in course/Total: 210 (of 220)

Rank in course/Men: 188 (of 194)

Best time in course: 3:07:34

Rank in category: 37(of 38)

Best time in the category: 3:42:15

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	24:48	7:08	38	8:56	187	10:20	3.47	24:48	7:08	18	3:54	190	1:37
Runde	3.47	24:28	7:03	36	8:46	185	9:52	6.94	49:16	7:05	18	5:02	190	2:35
Runde	3.47	23:58	6:54	31	7:52	171	9:02	10.41	1:13:14	7:02	3	22:06	142	1:13
Runde	3.47	24:36	7:05	32	7:58	176	9:30	13.88	1:37:50	7:02	18	6:44	175	
Runde	3.47	24:12	6:58	29	7:24	154	8:57	17.35	2:02:02	7:02	36	5:12	186	16:44
Runde	3.47	24:42	7:07	27	7:41	151	9:16	20.82	2:26:44	7:02	18	6:44	166	17:11
Runde	3.47	26:56	7:45	32	9:31	169	11:49	24.29	2:53:40	7:08	21	5:02	175	1:08:30
Runde	3.47	29:43	8:33	33	11:52	178	14:00	27.76	3:23:23	7:19	17	8:47	162	1:17:51
Runde	3.47	33:14	9:34	37	14:18	189	17:00	31.23	3:56:37	7:34	19	13:51	167	1:39:30
Runde	3.47	34:49	10:02	36	13:19	188	18:15	34.70	4:31:26	7:49	3	32:59	163	1:57:42
Runde	3.47	36:04	10:23	37	14:55	189	19:12	38.17	5:07:30	8:03	18	21:07	175	2:16:47
Runde	3.97	33:57	8:33	37	13:00	186	17:06	42.18	5:41:27	8:05	37	1:59:12	191	4:19:38