



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Hilger, Stefan

Club: Sauerländer Laufraketen
Number: 128

Course: 21.34 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:43:57

Speed: 12.32 km/h
Running performance: 4:52 min/km

Rank in course/Total: 2 (of 62)

Rank in course/Men: 2 (of 51)

Best time in course: 1:34:46

Rank in category: 1(of 11)

Best time in the category: 1:43:57

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	15:08	4:21	1	-	2	0:36	3.47	15:08	4:21	1	-	28	
Runde	3.47	15:48	4:33	1	-	2	0:53	6.94	30:56	4:27	1	-	28	
Runde	3.47	16:48	4:50	1	-	2	1:15	10.41	47:44	4:35	1	-	26	
Runde	3.47	17:39	5:05	1	-	2	1:34	13.88	1:05:23	4:42	1	-	28	
Runde	3.47	18:32	5:20	1	-	3	1:52	17.35	1:23:55	4:50	1	-	27	
Runde	3.97	20:02	5:02	1	-	7	3:01	21.34	1:43:57	4:52	1	-	2	9:11