



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Quitschorek, Martin

Club: Sauerländer Laufraketen
Number: 239

Course: 21.34 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:47:17

Speed: 7.53 km/h
Running performance: 7:50 min/km

Rank in course/Total: 54 (of 62)

Rank in course/Men: 44 (of 51)

Best time in course: 1:34:46

Rank in category: 10(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	23:37	6:48	8	8:29	34	9:05	3.47	23:37	6:48	8	8:29	3	0:21
Runde	3.47	26:37	7:40	10	10:49	44	11:42	6.94	50:14	7:14	8	19:18	3	3:14
Runde	3.47	27:40	7:58	11	10:52	46	12:07	10.41	1:17:54	7:28	7	30:10	5	
Runde	3.47	28:19	8:09	11	10:40	45	12:14	13.88	1:46:13	7:39	8	40:50	3	8:40
Runde	3.47	31:03	8:56	11	12:31	48	14:23	17.35	2:17:16	7:54	8	53:21	3	13:45
Runde	3.97	30:01	7:33	9	9:59	42	13:00	21.34	2:47:17	7:50	10	1:03:20	44	1:12:31