



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Schlemonat, Ricardo

Club: Gerwisch
Number: 264

Course: 42.18 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:22:50

Speed: 12.42 km/h
Running performance: 4:49 min/km

Rank in course/Total: 3 (of 220)

Rank in course/Men: 3 (of 194)

Best time in course: 3:07:34

Rank in category: 2(of 14)

Best time in the category: 3:13:54

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	15:19	4:24	2	0:13	3	0:51	3.47	15:19	4:24	2	0:13	5	
Runde	3.47	15:29	4:27	2	0:16	3	0:53	6.94	30:48	4:26	2	0:29	5	
Runde	3.47	15:33	4:28	2	0:27	3	0:37	10.41	46:21	4:27	2	0:56	4	
Runde	3.47	15:27	4:27	2	0:21	3	0:21	13.88	1:01:48	4:27	13	1:17	179	
Runde	3.47	15:42	4:31	2	0:27	3	0:27	17.35	1:17:30	4:28	2	1:44	4	
Runde	3.47	15:44	4:32	2	0:07	3	0:18	20.82	1:33:14	4:28	2	1:51	4	
Runde	3.47	15:57	4:35	2	0:29	3	0:50	24.29	1:49:11	4:29	2	2:20	3	4:01
Runde	3.47	16:21	4:42	2	0:17	3	0:38	27.76	2:05:32	4:31	1	-	1	-
Runde	3.47	17:09	4:56	2	0:26	4	0:55	31.23	2:22:41	4:34	2	3:03	3	5:34
Runde	3.47	19:23	5:35	2	2:25	8	2:49	34.70	2:42:04	4:40	2	5:28	3	8:20
Runde	3.47	19:51	5:43	2	1:14	7	2:59	38.17	3:01:55	4:45	13	6:42	179	11:12
Runde	3.97	20:55	5:16	4	2:14	18	4:04	42.18	3:22:50	4:48	2	8:56	6	2:01:01