



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Amborn, Ulrich

Club: LG Offebach
Number: 5

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:25:37

Speed: 12.31 km/h
Running performance: 4:52 min/km

Rank in course/Total: 5 (of 220)

Rank in course/Men: 5 (of 194)

Best time in course: 3:07:34

Rank in category: 1(of 10)

Best time in the category: 3:25:37

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	16:22	4:42	1	-	11	1:54	3.47	16:22	4:42	1	-	7	
Runde	3.47	16:31	4:45	1	-	9	1:55	6.94	32:53	4:44	1	-	7	
Runde	3.47	16:33	4:46	1	-	9	1:37	10.41	49:26	4:44	1	-	6	
Runde	3.47	16:25	4:43	1	-	5	1:19	13.88	1:05:51	4:44	10		181	
Runde	3.47	16:30	4:45	1	-	5	1:15	17.35	1:22:21	4:44	1	-	6	
Runde	3.47	16:38	4:47	1	-	4	1:12	20.82	1:38:59	4:45	1	-	6	
Runde	3.47	17:23	5:00	1	-	5	2:16	24.29	1:56:22	4:47	1	-	5	11:12
Runde	3.47	17:32	5:03	1	-	6	1:49	27.76	2:13:54	4:49	1	-	3	8:22
Runde	3.47	18:08	5:13	1	-	6	1:54	31.23	2:32:02	4:52	1	-	5	14:55
Runde	3.47	17:44	5:06	1	-	4	1:10	34.70	2:49:46	4:53	1	-	5	16:02
Runde	3.47	17:46	5:07	1	-	3	0:54	38.17	3:07:32	4:54	1	-	3	16:49
Runde	3.97	18:05	4:33	1	-	3	1:14	42.18	3:25:37	4:52	1	-	8	2:03:48