



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Neugebauer, Alfred

Club: Team Erdinger Alkoholfrei
Number: 213

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:38:35

Speed: 11.53 km/h
Running performance: 5:11 min/km

Rank in course/Total: 9 (of 220)

Rank in course/Men: 9 (of 194)

Best time in course: 3:07:34

Rank in category: 3(of 44)

Best time in the category: 3:33:12

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	16:48	4:50	6	0:38	18	2:20	3.47	16:48	4:50	25		11	
Runde	3.47	16:07	4:38	2	0:06	7	1:31	6.94	32:55	4:44	25		11	
Runde	3.47	16:17	4:41	2	0:18	7	1:21	10.41	49:12	4:43	20		10	
Runde	3.47	16:43	4:49	3	0:13	11	1:37	13.88	1:05:55	4:44	42		182	
Runde	3.47	17:52	5:08	3	0:50	15	2:37	17.35	1:23:47	4:49	24		10	
Runde	3.47	18:48	5:25	4	1:52	23	3:22	20.82	1:42:35	4:55	25		10	
Runde	3.47	18:34	5:21	4	1:03	11	3:27	24.29	2:01:09	4:59	42		179	15:59
Runde	3.47	19:03	5:29	4	1:20	15	3:20	27.76	2:20:12	5:03	22		7	14:40
Runde	3.47	21:00	6:03	7	2:33	26	4:46	31.23	2:41:12	5:09	25		9	24:05
Runde	3.47	19:45	5:41	4	0:26	10	3:11	34.70	3:00:57	5:12	38		167	27:13
Runde	3.47	19:01	5:28	1	-	5	2:09	38.17	3:19:58	5:14	25		7	29:15
Runde	3.97	18:37	4:41	1	-	4	1:46	42.18	3:38:35	5:10	3	5:23	12	2:16:46