



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Thomas, Charly S.

Club: Berlin
Number: 306

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:47:02

Speed: 11.10 km/h
Running performance: 5:23 min/km

Rank in course/Total: 14 (of 220)

Rank in course/Men: 14 (of 194)

Best time in course: 3:07:34

Rank in category: 5(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	17:00	4:53	8	0:50	21	2:32	3.47	17:00	4:53	27		16	
Runde	3.47	17:34	5:03	6	1:33	24	2:58	6.94	34:34	4:58	27		16	
Runde	3.47	18:14	5:15	9	2:15	32	3:18	10.41	52:48	5:04	22		15	
Runde	3.47	18:27	5:19	7	1:57	27	3:21	13.88	1:11:15	5:07	44		193	
Runde	3.47	18:28	5:19	6	1:26	25	3:13	17.35	1:29:43	5:10	26		15	
Runde	3.47	18:50	5:25	5	1:54	24	3:24	20.82	1:48:33	5:12	27		15	
Runde	3.47	18:52	5:26	5	1:21	13	3:45	24.29	2:07:25	5:14	26		11	22:15
Runde	3.47	19:26	5:36	5	1:43	16	3:43	27.76	2:26:51	5:17	24		12	21:19
Runde	3.47	19:57	5:44	5	1:30	15	3:43	31.23	2:46:48	5:20	27		14	29:41
Runde	3.47	20:08	5:48	6	0:49	13	3:34	34.70	3:06:56	5:23	39		170	33:12
Runde	3.47	20:13	5:49	4	1:12	9	3:21	38.17	3:27:09	5:25	27		12	36:26
Runde	3.97	19:53	5:00	4	1:16	9	3:02	42.18	3:47:02	5:22	5	13:50	17	2:25:13