



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Birch Gormsen, Mikkel

Club: Puma Denmark
Number: 36

Course: 42.18 km
Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:47:35

Speed: 11.07 km/h
Running performance: 5:24 min/km

Rank in course/Total: 15 (of 220)

Rank in course/Men: 15 (of 194)

Best time in course: 3:07:34

Rank in category: 2(of 24)

Best time in the category: 3:07:34

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	16:18	4:41	2	1:50	7	1:50	3.47	16:18	4:41	23		17	
Runde	3.47	15:52	4:34	2	1:16	5	1:16	6.94	32:10	4:38	23		17	
Runde	3.47	15:55	4:35	2	0:59	4	0:59	10.41	48:05	4:37	15		16	
Runde	3.47	16:44	4:49	2	1:25	13	1:38	13.88	1:04:49	4:40	23		180	
Runde	3.47	17:09	4:56	2	1:51	9	1:54	17.35	1:21:58	4:43	22		16	
Runde	3.47	18:01	5:11	2	2:35	11	2:35	20.82	1:39:59	4:48	19		16	
Runde	3.47	20:09	5:48	5	5:02	38	5:02	24.29	2:00:08	4:56	22		178	14:58
Runde	3.47	20:20	5:51	6	4:37	34	4:37	27.76	2:20:28	5:03	19		13	14:56
Runde	3.47	20:16	5:50	3	4:02	18	4:02	31.23	2:40:44	5:08	1	-	15	23:37
Runde	3.47	20:57	6:02	2	4:20	19	4:23	34.70	3:01:41	5:14	18		12	27:57
Runde	3.47	22:46	6:33	3	5:47	27	5:54	38.17	3:24:27	5:21	1	-	13	33:44
Runde	3.97	23:08	5:49	6	6:17	40	6:17	42.18	3:47:35	5:23	3	1:12:48	18	2:25:46