



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Sönke, Johannes

Club: Baden
Number: 278

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:48:49

Speed: 11.01 km/h
Running performance: 5:25 min/km

Rank in course/Total: 16 (of 220)

Rank in course/Men: 16 (of 194)

Best time in course: 3:07:34

Rank in category: 6(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	17:42	5:06	11	1:32	38	3:14	3.47	17:42	5:06	28		18	
Runde	3.47	18:02	5:11	11	2:01	36	3:26	6.94	35:44	5:08	28		18	
Runde	3.47	17:58	5:10	6	1:59	24	3:02	10.41	53:42	5:09	23		17	
Runde	3.47	18:15	5:15	5	1:45	25	3:09	13.88	1:11:57	5:11	26		10	
Runde	3.47	18:37	5:21	7	1:35	27	3:22	17.35	1:30:34	5:13	27		17	
Runde	3.47	18:56	5:27	6	2:00	25	3:30	20.82	1:49:30	5:15	28		17	
Runde	3.47	19:45	5:41	7	2:14	31	4:38	24.29	2:09:15	5:19	43		187	24:05
Runde	3.47	19:39	5:39	6	1:56	19	3:56	27.76	2:28:54	5:21	25		14	23:22
Runde	3.47	19:54	5:44	4	1:27	14	3:40	31.23	2:48:48	5:24	28		16	31:41
Runde	3.47	20:01	5:46	5	0:42	11	3:27	34.70	3:08:49	5:26	40		173	35:05
Runde	3.47	20:43	5:58	6	1:42	13	3:51	38.17	3:29:32	5:29	28		14	38:49
Runde	3.97	19:17	4:51	3	0:40	7	2:26	42.18	3:48:49	5:25	6	15:37	19	2:27:00