



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Kreis, Dieter

Club: Tria-Team Bruchköbel
Number: 173

Course: 42.18 km
Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:49:17

Speed: 10.99 km/h
Running performance: 5:26 min/km

Rank in course/Total: 17 (of 220)

Rank in course/Men: 17 (of 194)

Best time in course: 3:07:34

Rank in category: 3(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	17:04	4:55	3	2:36	24	2:36	3.47	17:04	4:55	22		20	
Runde	3.47	17:21	5:00	3	2:45	21	2:45	6.94	34:25	4:57	22		20	
Runde	3.47	17:18	4:59	3	2:22	16	2:22	10.41	51:43	4:58	14		19	
Runde	3.47	17:59	5:10	4	2:40	21	2:53	13.88	1:09:42	5:01	21		12	
Runde	3.47	17:52	5:08	4	2:34	15	2:37	17.35	1:27:34	5:02	21		19	
Runde	3.47	18:10	5:14	3	2:44	12	2:44	20.82	1:45:44	5:04	18		19	
Runde	3.47	19:14	5:32	2	4:07	21	4:07	24.29	2:04:58	5:08	23		182	19:48
Runde	3.47	19:35	5:38	4	3:52	18	3:52	27.76	2:24:33	5:12	18		16	19:01
Runde	3.47	21:14	6:07	4	5:00	28	5:00	31.23	2:45:47	5:18	18	5:03	18	28:40
Runde	3.47	21:40	6:14	4	5:03	26	5:06	34.70	3:07:27	5:24	17		13	33:43
Runde	3.47	22:11	6:23	2	5:12	22	5:19	38.17	3:29:38	5:29	19	5:11	16	38:55
Runde	3.97	19:39	4:56	2	2:48	8	2:48	42.18	3:49:17	5:26	4	1:14:30	20	2:27:28