



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Swientek, Christopher

Club: Die Leiden Christi
Number: 301

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 3:55:16

Speed: 10.71 km/h
Running performance: 5:35 min/km

Rank in course/Total: 23 (of 220)

Rank in course/Men: 22 (of 194)

Best time in course: 3:07:34

Rank in category: 2(of 13)

Best time in the category: 3:23:57

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	17:29	5:02	3	1:16	30	3:01	3.47	17:29	5:02	2		24	
Runde	3.47	18:06	5:12	4	1:33	38	3:30	6.94	35:35	5:07	2	1:14	24	
Runde	3.47	18:10	5:14	3	1:36	29	3:14	10.41	53:45	5:09	2	2:50	23	
Runde	3.47	18:04	5:12	3	1:28	24	2:58	13.88	1:11:49	5:10	2	4:18	14	
Runde	3.47	18:21	5:17	3	1:11	23	3:06	17.35	1:30:10	5:11	2	5:29	23	
Runde	3.47	18:30	5:19	2	1:44	14	3:04	20.82	1:48:40	5:13	2	7:13	23	
Runde	3.47	19:06	5:30	2	1:55	17	3:59	24.29	2:07:46	5:15	2	9:08	13	22:36
Runde	3.47	19:42	5:40	2	2:36	21	3:59	27.76	2:27:28	5:18	2	11:44	20	21:56
Runde	3.47	21:31	6:12	4	4:32	38	5:17	31.23	2:48:59	5:24	2	16:16	22	31:52
Runde	3.47	22:46	6:33	4	6:12	37	6:12	34.70	3:11:45	5:31	2	22:28	15	38:01
Runde	3.47	22:18	6:25	4	5:26	23	5:26	38.17	3:34:03	5:36	1	-	20	43:20
Runde	3.97	21:13	5:20	3	3:25	23	4:22	42.18	3:55:16	5:34	2	31:19	25	2:33:27