



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Arnold, Michael

Club: pingpank
Number: 9

Course: 42.18 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:58:00

Speed: 10.59 km/h
Running performance: 5:38 min/km

Rank in course/Total: 27 (of 220)

Rank in course/Men: 26 (of 194)

Best time in course: 3:07:34

Rank in category: 5(of 14)

Best time in the category: 3:13:54

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	19:35	5:38	9	4:29	61	5:07	3.47	19:35	5:38	5	4:29	28	
Runde	3.47	19:08	5:30	9	3:55	60	4:32	6.94	38:43	5:34	5	8:24	28	
Runde	3.47	18:59	5:28	7	3:53	50	4:03	10.41	57:42	5:32	4	12:17	25	
Runde	3.47	19:02	5:29	6	3:56	38	3:56	13.88	1:16:44	5:31	3	16:13	16	
Runde	3.47	18:57	5:27	6	3:42	31	3:42	17.35	1:35:41	5:30	4	19:55	25	
Runde	3.47	19:14	5:32	6	3:37	31	3:48	20.82	1:54:55	5:31	5	23:32	27	
Runde	3.47	19:09	5:31	4	3:41	18	4:02	24.29	2:14:04	5:31	4	27:13	17	28:54
Runde	3.47	19:53	5:43	6	3:49	26	4:10	27.76	2:33:57	5:32	4	28:25	24	28:25
Runde	3.47	20:23	5:52	5	3:40	21	4:09	31.23	2:54:20	5:34	5	34:42	26	37:13
Runde	3.47	20:44	5:58	5	3:46	16	4:10	34.70	3:15:04	5:37	4	38:28	17	41:20
Runde	3.47	21:53	6:18	5	3:16	21	5:01	38.17	3:36:57	5:41	4	41:44	24	46:14
Runde	3.97	21:03	5:18	5	2:22	22	4:12	42.18	3:58:00	5:38	5	44:06	29	2:36:11