12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Roth, Sebastian

Club: 100 Marathon Club
Number: 353

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:01:24

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 31 (of 220)
Rank in course/Men: 30 (of 194)
Best time in course: 3:07:34

Rank in category: 5(of 42)
Best time in the category: 3:33:09

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	6	1:10	30	3:01	3.47	17:29	5:02	26		24	
Runde	3.47	18:19	5:16	9	1:58	43	3:43	6.94	35:48	5:09	26		32	
Runde	3.47	18:10	5:14	6	1:42	29	3:14	10.41	53:58	5:11	22		31	
Runde	3.47	19:08	5:30	11	2:44	41	4:02	13.88	1:13:06	5:15	25		20	
Runde	3.47	19:17	5:33	8	3:12	37	4:02	17.35	1:32:23	5:19	26		31	
Runde	3.47	19:00	5:28	6	2:09	28	3:34	20.82	1:51:23	5:20	25		31	
Runde	3.47	19:27	5:36	5	1:55	26	4:20	24.29	2:10:50	5:23	42		188	25:40
Runde	3.47	20:01	5:46	6	2:30	27	4:18	27.76	2:30:51	5:26	22		28	25:19
Runde	3.47	21:10	6:05	7	3:27	27	4:56	31.23	2:52:01	5:30	26		30	34:54
Runde	3.47	20:59	6:02	5	2:05	20	4:25	34.70	3:13:00	5:33	25		21	39:16
Runde	3.47	23:00	6:37	6	2:25	31	6:08	38.17	3:36:00	5:39	26		28	45:17
Runde	3.97	25:24	6:23	22	5:21	82	8:33	42.18	4:01:24	5:43	5	28:15	33	2:39:35