



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Hofer, Helmut

Club: Baden
Number: 131

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 4:02:10

Speed: 10.41 km/h
Running performance: 5:44 min/km

Rank in course/Total: 32 (of 220)

Rank in course/Men: 31 (of 194)

Best time in course: 3:07:34

Rank in category: 4(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	19:13	5:32	7	3:00	55	4:45	3.47	19:13	5:32	4	1:25	33	
Runde	3.47	19:02	5:29	6	2:29	55	4:26	6.94	38:15	5:30	4	3:54	33	
Runde	3.47	19:13	5:32	7	2:39	56	4:17	10.41	57:28	5:31	4	6:33	32	
Runde	3.47	19:27	5:36	7	2:51	52	4:21	13.88	1:16:55	5:32	4	9:24	21	
Runde	3.47	19:48	5:42	6	2:38	53	4:33	17.35	1:36:43	5:34	4	12:02	32	
Runde	3.47	20:09	5:48	5	3:23	46	4:43	20.82	1:56:52	5:36	4	15:25	32	
Runde	3.47	20:30	5:54	3	3:19	43	5:23	24.29	2:17:22	5:39	4	18:44	20	32:12
Runde	3.47	20:19	5:51	3	3:13	33	4:36	27.76	2:37:41	5:40	4	21:57	29	32:09
Runde	3.47	20:22	5:52	2	3:23	20	4:08	31.23	2:58:03	5:42	4	25:20	31	40:56
Runde	3.47	21:12	6:06	2	4:38	21	4:38	34.70	3:19:15	5:44	4	29:58	22	45:31
Runde	3.47	21:14	6:07	2	4:22	17	4:22	38.17	3:40:29	5:46	3	6:26	29	49:46
Runde	3.97	21:41	5:27	4	3:53	30	4:50	42.18	4:02:10	5:44	4	38:13	34	2:40:21