



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Löhne, Ingolf

Club: TSV DD Geräteturnen
Number: 189

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 3:46:06

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 35 (of 305)

Rank in course/Men: 34 (of 271)

Best time in course: 3:01:21

Rank in category: 12(of 57)

Best time in the category: 3:07:03

Control	Intermediate times							Stage score				Total ranking			
	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	0.50	2:01	4:01	33	0:52	142	0:52	0.50	2:01	4:01	47		52		
Runde	3.47	17:36	5:04	18	4:05	65	4:05	3.97	19:37	4:56	47		52		
Runde	3.47	16:53	4:51	9	2:37	42	2:39	7.44	36:30	4:54	45		50		
Runde	3.47	17:23	5:00	12	14:14	44	14:14	10.91	53:53	4:56	45		49		
Runde	3.47	17:34	5:03	11	2:42	42	3:13	14.38	1:11:27	4:58	45		47		
Runde	3.47	17:35	5:04	11	2:47	37	3:10	17.85	1:29:02	4:59	44		46		
Runde	3.47	18:33	5:20	14	3:37	47	3:58	21.32	1:47:35	5:02	44		45	20:27	
Runde	3.47	18:19	5:16	11	3:09	33	3:47	24.79	2:05:54	5:04	44		45	23:51	
Runde	3.47	18:37	5:21	8	2:47	26	4:12	28.26	2:24:31	5:06	39		40	27:14	
Runde	3.47	19:24	5:35	11	3:10	32	4:25	31.73	2:43:55	5:09	39		38	30:24	
Runde	3.47	19:51	5:43	11	3:09	28	4:24	35.20	3:03:46	5:13	38		34	29:36	
Runde	3.47	20:10	5:48	8	2:53	25	4:18	38.67	3:23:56	5:16	38		33	38:48	
Finish	3.47	22:10	6:23	15	4:45	75	6:34	42.18	3:46:06	5:21	12	39:03	34	44:45	