



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detalizēti rezultāti

Friese, Ralf

Klubs: LifePark Max Ingolstadt
Numurs: 274

Posms: 42.18 km
Marathon

Grupa:
Männer M40

Kopējais laiks: 3:58:43

Ātrums: 10.60 km/h
Skrējiena izpildījums: 5:40 min/km

Vieta distancē/Kopā: 60 (no 305)
Vieta distancē/Vīrieši: 56 (no 271)
Distances labākais laiks: 3:01:21

Vieta grupā: 12(no 54)
Grupās labākais laiks: 3:11:42

| Kontrolpunkts | Posma rezultāts | | | | | | | Kopējais rezultāts | | | | | | |
|---------------|-----------------|-------------|--------------|---------------------|----------------------|------------------------|------------------------|--------------------|------------|-------------|---------------------|----------------------|------------------------|------------------------|
| | Posma km | Posma Laiks | Posma min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vietāztrūkums: Vīrieši | Vietāztrūkums: Vīrieši | Kopā km | Kopā Laiks | Kopā min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vietāztrūkums: Vīrieši | Vietāztrūkums: Vīrieši |
| Runde | 0.50 | 2:01 | 4:01 | 28 | 0:52 | 142 | 0:52 | 0.50 | 2:01 | 4:01 | 19 | 0:17 | 52 | |
| Runde | 3.47 | 18:40 | 5:22 | 23 | 4:35 | 102 | 5:09 | 3.97 | 20:41 | 5:12 | 28 | | 74 | |
| Runde | 3.47 | 17:43 | 5:06 | 8 | 3:18 | 56 | 3:29 | 7.44 | 38:24 | 5:09 | 28 | | 72 | |
| Runde | 3.47 | 17:50 | 5:08 | 9 | 3:20 | 52 | 14:41 | 10.91 | 56:14 | 5:09 | 28 | | 71 | |
| Runde | 3.47 | 18:16 | 5:15 | 13 | 3:55 | 61 | 3:55 | 14.38 | 1:14:30 | 5:10 | 39 | | 45 | |
| Runde | 3.47 | 18:13 | 5:14 | 8 | 3:24 | 51 | 3:48 | 17.85 | 1:32:43 | 5:11 | 39 | | 44 | |
| Runde | 3.47 | 18:05 | 5:12 | 6 | 3:05 | 41 | 3:30 | 21.32 | 1:50:48 | 5:11 | 39 | | 43 | 23:40 |
| Runde | 3.47 | 18:55 | 5:27 | 7 | 3:09 | 44 | 4:23 | 24.79 | 2:09:43 | 5:13 | 39 | | 67 | 27:40 |
| Runde | 3.47 | 20:55 | 6:01 | 16 | 4:22 | 74 | 6:30 | 28.26 | 2:30:38 | 5:19 | 39 | | 62 | 33:21 |
| Runde | 3.47 | 21:20 | 6:08 | 14 | 3:50 | 63 | 6:21 | 31.73 | 2:51:58 | 5:25 | 38 | | 60 | 38:27 |
| Runde | 3.47 | 21:50 | 6:17 | 10 | 3:57 | 59 | 6:23 | 35.20 | 3:13:48 | 5:30 | 38 | | 56 | 39:38 |
| Runde | 3.47 | 22:30 | 6:29 | 9 | 4:55 | 61 | 6:38 | 38.67 | 3:36:18 | 5:35 | 38 | | 55 | 51:10 |
| Ziel | 3.47 | 22:25 | 6:27 | 11 | 5:29 | 81 | 6:49 | 42.18 | 3:58:43 | 5:39 | 12 | 47:01 | 56 | 57:22 |