



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Ludwig, Olaf

Club: Laufgruppe Ebersbach
Number: 252

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:07:57

Speed: 10.21 km/h
Running performance: 5:53 min/km

Rank in course/Total: 76 (of 305)

Rank in course/Men: 71 (of 271)

Best time in course: 3:01:21

Rank in category: 15(of 54)

Best time in the category: 3:11:42

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	0.50	2:04	4:08	33	0:55	155	0:55	0.50	2:04	4:08	45	0:20	80	
Runde	3.47	19:41	5:40	31	5:36	140	6:10	3.97	21:45	5:28	45		90	
Runde	3.47	18:12	5:14	15	3:47	72	3:58	7.44	39:57	5:22	44		82	
Runde	3.47	17:56	5:10	10	3:26	54	14:47	10.91	57:53	5:18	43		81	
Runde	3.47	17:46	5:07	10	3:25	48	3:25	14.38	1:15:39	5:15	42		85	
Runde	3.47	18:39	5:22	10	3:50	59	4:14	17.85	1:34:18	5:16	41		78	0:16
Runde	3.47	19:35	5:38	12	4:35	73	5:00	21.32	1:53:53	5:20	42		83	26:45
Runde	3.47	20:01	5:46	14	4:15	66	5:29	24.79	2:13:54	5:24	42		83	31:51
Runde	3.47	20:37	5:56	13	4:04	66	6:12	28.26	2:34:31	5:28	42		78	37:14
Runde	3.47	21:03	6:03	11	3:33	58	6:04	31.73	2:55:34	5:31	27		70	42:03
Runde	3.47	22:29	6:28	14	4:36	77	7:02	35.20	3:18:03	5:37	41		72	43:53
Runde	3.47	24:20	7:00	16	6:45	103	8:28	38.67	3:42:23	5:45	41		71	57:15
Finish	3.47	25:34	7:22	27	8:38	155	9:58	42.18	4:07:57	5:52	15	56:15	71	1:06:36