



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

piras, guiseppe luigi

Club: alghero marathon
Number: 286

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:17:05

Speed: 9.84 km/h
Running performance: 6:05 min/km

Rank in course/Total: 103 (of 305)

Rank in course/Men: 97 (of 271)

Best time in course: 3:01:21

Rank in category: 22(of 57)

Best time in the category: 3:07:03

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	1:52	3:44	25	0:43	111	0:43	0.50	1:52	3:44	55		64	
Runde	3.47	16:15	4:40	8	2:44	38	2:44	3.97	18:07	4:33	57		118	
Runde	3.47	18:09	5:13	19	3:53	70	3:55	7.44	36:16	4:52	55		116	
Runde	3.47	18:50	5:25	22	15:41	81	15:41	10.91	55:06	5:03	55		115	
Runde	3.47	20:42	5:57	34	5:50	149	6:21	14.38	1:15:48	5:16	55		113	
Runde	3.47	20:36	5:56	28	5:48	126	6:11	17.85	1:36:24	5:24	54		112	2:22
Runde	3.47	23:08	6:39	40	8:12	196	8:33	21.32	1:59:32	5:36	54		110	32:24
Runde	3.47	22:14	6:24	31	7:04	137	7:42	24.79	2:21:46	5:43	54		111	39:43
Runde	3.47	23:17	6:42	32	7:27	148	8:52	28.26	2:45:03	5:50	49		106	47:46
Runde	3.47	22:51	6:35	24	6:37	112	7:52	31.73	3:07:54	5:55	49		104	54:23
Runde	3.47	23:47	6:51	27	7:05	119	8:20	35.20	3:31:41	6:00	48		97	57:31
Runde	3.47	21:25	6:10	11	4:08	48	5:33	38.67	3:53:06	6:01	48		99	1:07:58
Finish	3.47	23:59	6:54	22	6:34	111	8:23	42.18	4:17:05	6:05	22	1:10:02	97	1:15:44