



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Hagel, Thomas

Club: Endorphinjunkies.de Dortmund
Number: 214

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:21:08

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 113 (of 305)

Rank in course/Men: 106 (of 271)

Best time in course: 3:01:21

Rank in category: 26(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	2:06	4:12	39	0:57	165	0:57	0.50	2:06	4:12	4		4	
Runde	3.47	19:53	5:43	39	6:22	155	6:22	3.97	21:59	5:32	4	0:18	126	
Runde	3.47	19:28	5:36	27	5:12	115	5:14	7.44	41:27	5:34	3	1:07	124	
Runde	3.47	20:03	5:46	31	16:54	134	16:54	10.91	1:01:30	5:38	3	1:55	123	
Runde	3.47	20:14	5:49	30	5:22	123	5:53	14.38	1:21:44	5:41	3	2:28	121	
Runde	3.47	20:42	5:57	32	5:54	134	6:17	17.85	1:42:26	5:44	3	2:33	5	8:24
Runde	3.47	21:04	6:04	29	6:08	127	6:29	21.32	2:03:30	5:47	3	2:02	119	36:22
Runde	3.47	21:33	6:12	27	6:23	114	7:01	24.79	2:25:03	5:51	3	0:24	119	43:00
Runde	3.47	22:04	6:21	26	6:14	106	7:39	28.26	2:47:07	5:54	14		114	49:50
Runde	3.47	23:04	6:38	26	6:50	118	8:05	31.73	3:10:11	5:59	14		112	56:40
Runde	3.47	23:31	6:46	23	6:49	103	8:04	35.20	3:33:42	6:04	14		108	59:32
Runde	3.47	23:55	6:53	21	6:38	94	8:03	38.67	3:57:37	6:08	14		107	1:12:29
Finish	3.47	23:31	6:46	21	6:06	104	7:55	42.18	4:21:08	6:11	26	1:14:05	106	1:19:47