



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

Süß, Rene

Club: sportversorgung-suess.de  
Number: 142

Course: 42.18 km  
Marathon

Category:  
Männer M30

Total time: 4:22:07

Speed: 9.66 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 116 (of 305)

Rank in course/Men: 108 (of 271)

Best time in course: 3:01:21

Rank in category: 15(of 34)

Best time in the category: 3:01:21

| 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     | 2:23       | 4:46         | 29          | 1:13        | 212     | 1:14       | 0.50          | 2:23       | 4:46         | 26       |             | 13      |            |
| Runde              | 3.47     | 21:44      | 6:15         | 29          | 7:38        | 223     | 8:13       | 3.97          | 24:07      | 6:04         | 33       | 0:10        | 128     |            |
| Runde              | 3.47     | 20:06      | 5:47         | 20          | 5:27        | 142     | 5:52       | 7.44          | 44:13      | 5:56         | 33       |             | 126     |            |
| Runde              | 3.47     | 20:13      | 5:49         | 23          | 5:27        | 144     | 17:04      | 10.91         | 1:04:26    | 5:54         | 5        |             | 125     |            |
| Runde              | 3.47     | 20:27      | 5:53         | 21          | 5:30        | 136     | 6:06       | 14.38         | 1:24:53    | 5:54         | 33       |             | 123     |            |
| Runde              | 3.47     | 20:53      | 6:01         | 23          | 5:58        | 146     | 6:28       | 17.85         | 1:45:46    | 5:55         | 33       |             | 122     | 11:44      |
| Runde              | 3.47     | 21:21      | 6:09         | 19          | 6:23        | 136     | 6:46       | 21.32         | 2:07:07    | 5:57         | 33       |             | 121     | 39:59      |
| Runde              | 3.47     | 22:41      | 6:32         | 24          | 8:09        | 158     | 8:09       | 24.79         | 2:29:48    | 6:02         | 33       |             | 121     | 47:45      |
| Runde              | 3.47     | 22:19      | 6:25         | 17          | 7:54        | 115     | 7:54       | 28.26         | 2:52:07    | 6:05         | 33       |             | 116     | 54:50      |
| Runde              | 3.47     | 22:33      | 6:29         | 14          | 7:34        | 100     | 7:34       | 31.73         | 3:14:40    | 6:08         | 33       |             | 114     | 1:01:09    |
| Runde              | 3.47     | 22:27      | 6:28         | 8           | 7:00        | 75      | 7:00       | 35.20         | 3:37:07    | 6:10         | 33       |             | 110     | 1:02:57    |
| Runde              | 3.47     | 23:10      | 6:40         | 10          | 6:56        | 78      | 7:18       | 38.67         | 4:00:17    | 6:12         | 33       |             | 109     | 1:15:09    |
| Finish             | 3.47     | 21:50      | 6:17         | 6           | 5:37        | 68      | 6:14       | 42.18         | 4:22:07    | 6:12         | 15       | 1:20:46     | 108     | 1:20:46    |