



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Köhnke, Jan

Club: TSV Rittershausen
Number: 266

Course: 42.18 km
Marathon

Category:
Männer M35

Total time: 4:26:17

Speed: 9.50 km/h
Running performance: 6:19 min/km

Rank in course/Total: 130 (of 305)

Rank in course/Men: 122 (of 271)

Best time in course: 3:01:21

Rank in category: 17(of 32)

Best time in the category: 3:05:20

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	1:50	3:39	16	0:41	107	0:41	0.50	1:50	3:39	16			111
Runde	3.47	19:48	5:42	20	5:35	146	6:17	3.97	21:38	5:26	16	0:06		142
Runde	3.47	20:28	5:53	21	6:01	163	6:14	7.44	42:06	5:39	16	0:23		110
Runde	3.47	20:15	5:50	21	5:23	147	17:06	10.91	1:02:21	5:42	16	0:35		139
Runde	3.47	20:32	5:55	18	5:23	142	6:11	14.38	1:22:53	5:45	16			137
Runde	3.47	20:15	5:50	14	4:51	112	5:50	17.85	1:43:08	5:46	16			136 9:06
Runde	3.47	20:58	6:02	17	5:21	120	6:23	21.32	2:04:06	5:49	16			135 36:58
Runde	3.47	22:46	6:33	20	7:16	163	8:14	24.79	2:26:52	5:55	16			135 44:49
Runde	3.47	22:41	6:32	17	6:54	128	8:16	28.26	2:49:33	5:59	16			130 52:16
Runde	3.47	22:58	6:37	15	7:15	117	7:59	31.73	3:12:31	6:04	16			128 59:00
Runde	3.47	23:31	6:46	14	7:44	103	8:04	35.20	3:36:02	6:08	16			124 1:01:52
Runde	3.47	25:01	7:12	18	9:09	125	9:09	38.67	4:01:03	6:14	16	0:26		123 1:15:55
Finish	3.47	25:14	7:16	21	9:38	146	9:38	42.18	4:26:17	6:18	17	1:20:57		122 1:24:56