



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Metz, Marek

Club: Radio Ivan
Number: 13

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:26:54

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 134 (of 305)

Rank in course/Men: 126 (of 271)

Best time in course: 3:01:21

Rank in category: 19(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	2:11	4:21	23	1:01	178	1:02	0.50	2:11	4:21	3		114	
Runde	3.47	20:02	5:46	22	5:56	166	6:31	3.97	22:13	5:35	3		146	
Runde	3.47	17:39	5:05	8	3:00	54	3:25	7.44	39:52	5:21	3		144	
Runde	3.47	18:06	5:12	8	3:20	61	14:57	10.91	57:58	5:18	3		143	
Runde	3.47	19:02	5:29	14	4:05	89	4:41	14.38	1:17:00	5:21	3		141	
Runde	3.47	20:28	5:53	20	5:33	119	6:03	17.85	1:37:28	5:27	3		140	3:26
Runde	3.47	19:38	5:39	13	4:40	81	5:03	21.32	1:57:06	5:29	3		139	29:58
Runde	3.47	21:14	6:07	15	6:42	104	6:42	24.79	2:18:20	5:34	3		139	36:17
Runde	3.47	21:52	6:18	15	7:27	101	7:27	28.26	2:40:12	5:40	3		134	42:55
Runde	3.47	23:57	6:54	22	8:58	136	8:58	31.73	3:04:09	5:48	3		132	50:38
Runde	3.47	27:28	7:54	27	12:01	195	12:01	35.20	3:31:37	6:00	3		128	57:27
Runde	3.47	25:33	7:21	19	9:19	141	9:41	38.67	3:57:10	6:07	3		127	1:12:02
Finish	3.47	29:44	8:34	30	13:31	214	14:08	42.18	4:26:54	6:19	19	1:25:33	126	1:25:33