



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Koch, Heico

Club: Berlin
Number: 98

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:28:29

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 140 (of 305)

Rank in course/Men: 131 (of 271)

Best time in course: 3:01:21

Rank in category: 25(of 54)

Best time in the category: 3:11:42

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	2:31	5:01	50	1:22	235	1:22	0.50	2:31	5:01	2	0:47	1	-
Runde	3.47	17:57	5:10	16	3:52	76	4:26	3.97	20:28	5:09	2		151	
Runde	3.47	19:36	5:38	27	5:11	118	5:22	7.44	40:04	5:23	2		70	
Runde	3.47	20:21	5:51	32	5:51	151	17:12	10.91	1:00:25	5:32	2		149	
Runde	3.47	20:33	5:55	31	6:12	143	6:12	14.38	1:20:58	5:37	14		146	
Runde	3.47	20:32	5:55	24	5:43	121	6:07	17.85	1:41:30	5:41	14		145	7:28
Runde	3.47	21:33	6:12	31	6:33	142	6:58	21.32	2:03:03	5:46	14		145	35:55
Runde	3.47	22:47	6:33	35	7:01	164	8:15	24.79	2:25:50	5:52	14		145	43:47
Runde	3.47	23:27	6:45	29	6:54	154	9:02	28.26	2:49:17	5:59	14		140	52:00
Runde	3.47	24:16	6:59	27	6:46	151	9:17	31.73	3:13:33	6:05	14		137	1:00:02
Runde	3.47	24:32	7:04	25	6:39	134	9:05	35.20	3:38:05	6:11	14		134	1:03:55
Runde	3.47	25:13	7:16	23	7:38	132	9:21	38.67	4:03:18	6:17	14		133	1:18:10
Finish	3.47	25:11	7:15	24	8:15	142	9:35	42.18	4:28:29	6:21	25	1:16:47	131	1:27:08