



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 |