



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Köhnke, Björn

Club: Braunschweig
Number: 276

Course: 42.18 km
Marathon

Category:
Männer M35

Total time: 4:29:34

Speed: 9.39 km/h
Running performance: 6:23 min/km

Rank in course/Total: 145 (of 305)

Rank in course/Men: 136 (of 271)

Best time in course: 3:01:21

Rank in category: 19(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	1:49	3:38	14	0:40	101	0:40	0.50	1:49	3:38	14			93
Runde	3.47	19:50	5:42	21	5:37	152	6:19	3.97	21:39	5:27	14	0:07		116
Runde	3.47	20:28	5:53	21	6:01	163	6:14	7.44	42:07	5:39	14	0:24		154
Runde	3.47	20:07	5:47	19	5:15	138	16:58	10.91	1:02:14	5:42	14	0:28		153
Runde	3.47	20:40	5:57	19	5:31	147	6:19	14.38	1:22:54	5:45	14			151
Runde	3.47	20:22	5:52	15	4:58	116	5:57	17.85	1:43:16	5:47	14			138 9:14
Runde	3.47	21:09	6:05	18	5:32	132	6:34	21.32	2:04:25	5:50	14			149 37:17
Runde	3.47	22:31	6:29	19	7:01	148	7:59	24.79	2:26:56	5:55	14			149 44:53
Runde	3.47	23:25	6:44	20	7:38	152	9:00	28.26	2:50:21	6:01	14			144 53:04
Runde	3.47	23:52	6:52	16	8:09	131	8:53	31.73	3:14:13	6:07	14			142 1:00:42
Runde	3.47	25:18	7:17	20	9:31	154	9:51	35.20	3:39:31	6:14	14	1:21		138 1:05:21
Runde	3.47	26:06	7:31	20	10:14	157	10:14	38.67	4:05:37	6:21	14	5:00		137 1:20:29
Finish	3.47	23:57	6:54	16	8:21	110	8:21	42.18	4:29:34	6:23	19	1:24:14		136 1:28:13