



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Tessmann, Michael

Club: Lauftreff Altwarmbüchen
Number: 280

Course: 42.18 km
Marathon

Category:
Männer M50

Total time: 4:34:09

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 165 (of 305)

Rank in course/Men: 154 (of 271)

Best time in course: 3:01:21

Rank in category: 23(of 47)

Best time in the category: 3:13:15

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	1:42	3:23	9	0:31	72	0:33	0.50	1:42	3:23	4		57	
Runde	3.47	19:56	5:44	20	4:50	159	6:25	3.97	21:38	5:26	4	1:06	142	
Runde	3.47	21:46	6:16	34	6:56	209	7:32	7.44	43:24	5:49	3	2:20	174	
Runde	3.47	20:55	6:01	24	5:58	171	17:46	10.91	1:04:19	5:53	3	1:52	173	
Runde	3.47	20:55	6:01	20	5:48	158	6:34	14.38	1:25:14	5:55	3	0:34	171	
Runde	3.47	21:08	6:05	16	5:40	153	6:43	17.85	1:46:22	5:57	3		170	12:20
Runde	3.47	21:54	6:18	19	6:28	161	7:19	21.32	2:08:16	6:00	3		169	41:08
Runde	3.47	22:26	6:27	19	6:59	142	7:54	24.79	2:30:42	6:04	3		169	48:39
Runde	3.47	22:33	6:29	19	6:38	121	8:08	28.26	2:53:15	6:07	2		164	55:58
Runde	3.47	24:32	7:04	27	8:09	161	9:33	31.73	3:17:47	6:13	2		162	1:04:16
Runde	3.47	25:24	7:19	26	8:24	158	9:57	35.20	3:43:11	6:20	2		157	1:09:01
Runde	3.47	25:57	7:28	28	8:11	154	10:05	38.67	4:09:08	6:26	2		156	1:24:00
Finish	3.47	25:01	7:12	26	6:32	136	9:25	42.18	4:34:09	6:29	23	1:20:54	154	1:32:48