



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Dudek, Jörg

Club: Herne
Number: 400

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:34:50

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 168 (of 305)

Rank in course/Men: 157 (of 271)

Best time in course: 3:01:21

Rank in category: 34(of 57)

Best time in the category: 3:07:03

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	1:46	3:31	18	0:37	90	0:37	0.50	1:46	3:31	11		106	
Runde	3.47	17:31	5:02	17	4:00	60	4:00	3.97	19:17	4:51	12		70	
Runde	3.47	18:25	5:18	21	4:09	83	4:11	7.44	37:42	5:04	11		176	
Runde	3.47	19:18	5:33	26	16:09	99	16:09	10.91	57:00	5:13	11		175	
Runde	3.47	18:47	5:24	21	3:55	77	4:26	14.38	1:15:47	5:16	11		173	
Runde	3.47	19:33	5:38	21	4:45	89	5:08	17.85	1:35:20	5:20	11		172	1:18
Runde	3.47	20:39	5:57	25	5:43	113	6:04	21.32	1:55:59	5:26	11		171	28:51
Runde	3.47	22:52	6:35	36	7:42	170	8:20	24.79	2:18:51	5:36	11		171	36:48
Runde	3.47	22:53	6:35	31	7:03	136	8:28	28.26	2:41:44	5:43	9		166	44:27
Runde	3.47	25:34	7:22	37	9:20	192	10:35	31.73	3:07:18	5:54	9		164	53:47
Runde	3.47	27:45	7:59	41	11:03	197	12:18	35.20	3:35:03	6:06	5		123	1:00:53
Runde	3.47	30:06	8:40	44	12:49	223	14:14	38.67	4:05:09	6:20	9		158	1:20:01
Finish	3.47	29:41	8:33	42	12:16	213	14:05	42.18	4:34:50	6:30	34	1:27:47	157	1:33:29