



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Seidl, Dirk**

Club: Kronberg  
Number: 196

Course: 42.18 km  
Marathon

Category:  
Männer M40

**Total time: 4:35:11**

Speed: 9.20 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 173 (of 305)

Rank in course/Men: 161 (of 271)

Best time in course: 3:01:21

Rank in category: 32(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	2:02	4:03	30	0:53	147	0:53	0.50	2:02	4:03	8	0:18	182	
Runde	3.47	21:31	6:12	47	7:26	214	8:00	3.97	23:33	5:55	8	0:49	182	
Runde	3.47	21:49	6:17	42	7:24	213	7:35	7.44	45:22	6:05	8	0:20	180	0:48
Runde	3.47	22:24	6:27	43	7:54	217	19:15	10.91	1:07:46	6:12	8		179	
Runde	3.47	23:28	6:45	47	9:07	230	9:07	14.38	1:31:14	6:20	7		177	
Runde	3.47	25:05	7:13	46	10:16	243	10:40	17.85	1:56:19	6:30	7	0:35	176	22:17
Runde	3.47	23:30	6:46	42	8:30	206	8:55	21.32	2:19:49	6:33	7	0:42	175	52:41
Runde	3.47	22:01	6:20	27	6:15	130	7:29	24.79	2:41:50	6:31	7		175	59:47
Runde	3.47	20:50	6:00	14	4:17	68	6:25	28.26	3:02:40	6:27	7		170	1:05:23
Runde	3.47	22:02	6:20	16	4:32	81	7:03	31.73	3:24:42	6:27	7		168	1:11:11
Runde	3.47	23:09	6:40	16	5:16	90	7:42	35.20	3:47:51	6:28	7		163	1:13:41
Runde	3.47	23:13	6:41	12	5:38	79	7:21	38.67	4:11:04	6:29	7		162	1:25:56
Finish	3.47	24:07	6:57	18	7:11	114	8:31	42.18	4:35:11	6:31	32	1:23:29	161	1:33:50