



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Gerbach, Ronny

Club: sc impuls erfurt e.V.
Number: 372

Course: 42.18 km
Marathon

Category:
Männer M30

Total time: 4:36:25

Speed: 9.16 km/h
Running performance: 6:33 min/km

Rank in course/Total: 175 (of 305)

Rank in course/Men: 163 (of 271)

Best time in course: 3:01:21

Rank in category: 25(of 34)

Best time in the category: 3:01:21

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	1:24	2:47	5	0:14	34	0:15	0.50	1:24	2:47	5		155	
Runde	3.47	20:01	5:46	20	5:55	164	6:30	3.97	21:25	5:23	5		155	
Runde	3.47	21:44	6:15	28	7:05	206	7:30	7.44	43:09	5:47	5		153	
Runde	3.47	21:17	6:08	28	6:31	184	18:08	10.91	1:04:26	5:54	5		125	
Runde	3.47	22:06	6:22	27	7:09	191	7:45	14.38	1:26:32	6:01	5		150	
Runde	3.47	21:57	6:19	27	7:02	179	7:32	17.85	1:48:29	6:04	5		149	14:27
Runde	3.47	21:45	6:16	24	6:47	151	7:10	21.32	2:10:14	6:06	9		177	43:06
Runde	3.47	22:28	6:28	22	7:56	147	7:56	24.79	2:32:42	6:09	5		148	50:39
Runde	3.47	23:00	6:37	20	8:35	138	8:35	28.26	2:55:42	6:13	5		143	58:25
Runde	3.47	23:33	6:47	19	8:34	128	8:34	31.73	3:19:15	6:16	5		141	1:05:44
Runde	3.47	24:13	6:58	14	8:46	127	8:46	35.20	3:43:28	6:20	5		137	1:09:18
Runde	3.47	26:15	7:33	23	10:01	159	10:23	38.67	4:09:43	6:27	9		164	1:24:35
Finish	3.47	26:42	7:41	22	10:29	174	11:06	42.18	4:36:25	6:33	25	1:35:04	163	1:35:04