



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Köhres, Michael**

Club: Langen  
Number: 293

Course: 42.18 km  
Marathon

Category:  
Männer M50

Total time: 4:37:04

Speed: 9.13 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 177 (of 305)

Rank in course/Men: 165 (of 271)

Best time in course: 3:01:21

Rank in category: 25(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     | 2:42       | 5:24         | 44          | 1:31        | 263     | 1:33       | 0.50          | 2:42       | 5:24         | 6        | 0:44        | 186     | 0:11       |
| Runde              | 3.47     | 20:24      | 5:52         | 26          | 5:18        | 184     | 6:53       | 3.97          | 23:06      | 5:49         | 6        | 2:34        | 186     |            |
| Runde              | 3.47     | 20:40      | 5:57         | 23          | 5:50        | 172     | 6:26       | 7.44          | 43:46      | 5:52         | 5        | 2:42        | 184     |            |
| Runde              | 3.47     | 20:26      | 5:53         | 18          | 5:29        | 156     | 17:17      | 10.91         | 1:04:12    | 5:53         | 5        | 1:45        | 183     |            |
| Runde              | 3.47     | 20:57      | 6:02         | 21          | 5:50        | 160     | 6:36       | 14.38         | 1:25:09    | 5:55         | 5        | 0:29        | 181     |            |
| Runde              | 3.47     | 21:43      | 6:15         | 21          | 6:15        | 166     | 7:18       | 17.85         | 1:46:52    | 5:59         | 5        |             | 180     | 12:50      |
| Runde              | 3.47     | 21:42      | 6:15         | 16          | 6:16        | 148     | 7:07       | 21.32         | 2:08:34    | 6:01         | 5        |             | 179     | 41:26      |
| Runde              | 3.47     | 22:38      | 6:31         | 23          | 7:11        | 154     | 8:06       | 24.79         | 2:31:12    | 6:05         | 5        |             | 179     | 49:09      |
| Runde              | 3.47     | 23:27      | 6:45         | 24          | 7:32        | 154     | 9:02       | 28.26         | 2:54:39    | 6:10         | 4        |             | 174     | 57:22      |
| Runde              | 3.47     | 24:07      | 6:57         | 23          | 7:44        | 143     | 9:08       | 31.73         | 3:18:46    | 6:15         | 4        |             | 172     | 1:05:15    |
| Runde              | 3.47     | 26:01      | 7:29         | 31          | 9:01        | 175     | 10:34      | 35.20         | 3:44:47    | 6:23         | 4        |             | 167     | 1:10:37    |
| Runde              | 3.47     | 25:36      | 7:22         | 26          | 7:50        | 142     | 9:44       | 38.67         | 4:10:23    | 6:28         | 4        |             | 166     | 1:25:15    |
| Finish             | 3.47     | 26:41      | 7:41         | 36          | 8:12        | 173     | 11:05      | 42.18         | 4:37:04    | 6:34         | 25       | 1:23:49     | 165     | 1:35:43    |