



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Dicks, Heiko

Club: Panketal
Number: 161

Course: 42.18 km
Marathon

Category:
Männer M45

Total time: 4:41:09

Speed: 9.00 km/h
Running performance: 6:40 min/km

Rank in course/Total: 188 (of 305)

Rank in course/Men: 173 (of 271)

Best time in course: 3:01:21

Rank in category: 37(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 | 1:30 | 3:00 | 10 | 0:21 | 46 | 0:21 | 0.50 | 1:30 | 3:00 | 15 | | 60 | |
| Runde | 3.47 | 18:48 | 5:25 | 27 | 5:17 | 107 | 5:17 | 3.97 | 20:18 | 5:06 | 15 | | 194 | |
| Runde | 3.47 | 19:45 | 5:41 | 30 | 5:29 | 127 | 5:31 | 7.44 | 40:03 | 5:22 | 14 | | 192 | |
| Runde | 3.47 | 20:34 | 5:55 | 38 | 17:25 | 159 | 17:25 | 10.91 | 1:00:37 | 5:33 | 14 | 1:02 | 191 | |
| Runde | 3.47 | 21:56 | 6:19 | 40 | 7:04 | 185 | 7:35 | 14.38 | 1:22:33 | 5:44 | 14 | 3:17 | 189 | |
| Runde | 3.47 | 22:26 | 6:27 | 42 | 7:38 | 196 | 8:01 | 17.85 | 1:44:59 | 5:52 | 14 | 5:06 | 188 | 10:57 |
| Runde | 3.47 | 23:49 | 6:51 | 45 | 8:53 | 214 | 9:14 | 21.32 | 2:08:48 | 6:02 | 14 | 7:20 | 187 | 41:40 |
| Runde | 3.47 | 24:00 | 6:54 | 42 | 8:50 | 202 | 9:28 | 24.79 | 2:32:48 | 6:09 | 14 | 8:09 | 187 | 50:45 |
| Runde | 3.47 | 24:24 | 7:01 | 40 | 8:34 | 191 | 9:59 | 28.26 | 2:57:12 | 6:16 | 12 | | 182 | 59:55 |
| Runde | 3.47 | 26:41 | 7:41 | 43 | 10:27 | 206 | 11:42 | 31.73 | 3:23:53 | 6:25 | 12 | | 180 | 1:10:22 |
| Runde | 3.47 | 26:12 | 7:33 | 38 | 9:30 | 177 | 10:45 | 35.20 | 3:50:05 | 6:32 | 12 | | 175 | 1:15:55 |
| Runde | 3.47 | 25:46 | 7:25 | 30 | 8:29 | 149 | 9:54 | 38.67 | 4:15:51 | 6:36 | 12 | | 174 | 1:30:43 |
| Finish | 3.47 | 25:18 | 7:17 | 31 | 7:53 | 150 | 9:42 | 42.18 | 4:41:09 | 6:39 | 37 | 1:34:06 | 173 | 1:39:48 |