



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Heide, Patrick**

Club: SG Bernwardswiese  
Number: 12

Course: 42.18 km  
Marathon

Category:  
Männer M20

Total time: 3:15:22

Speed: 12.95 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 8 (of 305)

Rank in course/Men: 8 (of 271)

Best time in course: 3:01:21

Rank in category: 1(of 23)

Best time in the category: 3:15:22

| 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     | 1:22       | 2:44         | 5           | 0:13        | 31      | 0:13       | 0.50          | 1:22       | 2:44         | 21       |             | 26      |            |
| Runde              | 3.47     | 14:59      | 4:19         | 7           | 1:20        | 19      | 1:28       | 3.97          | 16:21      | 4:07         | 21       |             | 26      |            |
| Runde              | 3.47     | 14:58      | 4:18         | 3           | 0:42        | 10      | 0:44       | 7.44          | 31:19      | 4:12         | 21       |             | 24      |            |
| Runde              | 3.47     | 15:05      | 4:20         | 3           | 0:48        | 11      | 11:56      | 10.91         | 46:24      | 4:15         | 21       |             | 9       |            |
| Runde              | 3.47     | 15:10      | 4:22         | 2           | 0:45        | 8       | 0:49       | 14.38         | 1:01:34    | 4:16         | 21       |             | 21      |            |
| Runde              | 3.47     | 15:15      | 4:23         | 2           | 0:50        | 6       | 0:50       | 17.85         | 1:16:49    | 4:18         | 21       |             | 18      |            |
| Runde              | 3.47     | 15:26      | 4:26         | 2           | 0:51        | 6       | 0:51       | 21.32         | 1:32:15    | 4:19         | 21       |             | 17      | 5:07       |
| Runde              | 3.47     | 15:19      | 4:24         | 2           | 0:24        | 5       | 0:47       | 24.79         | 1:47:34    | 4:20         | 21       |             | 19      | 5:31       |
| Runde              | 3.47     | 15:56      | 4:35         | 2           | 0:42        | 8       | 1:31       | 28.26         | 2:03:30    | 4:22         | 21       |             | 14      | 6:13       |
| Runde              | 3.47     | 16:25      | 4:43         | 2           | 0:11        | 7       | 1:26       | 31.73         | 2:19:55    | 4:24         | 21       |             | 12      | 6:24       |
| Runde              | 3.47     | 17:41      | 5:05         | 1           | -           | 9       | 2:14       | 35.20         | 2:37:36    | 4:28         | 21       |             | 9       | 3:26       |
| Runde              | 3.47     | 19:01      | 5:28         | 4           | 0:38        | 16      | 3:09       | 38.67         | 2:56:37    | 4:34         | 11       |             | 8       | 11:29      |
| Finish             | 3.47     | 18:45      | 5:24         | 3           | 2:38        | 16      | 3:09       | 42.18         | 3:15:22    | 4:37         | 1        | -           | 8       | 14:01      |