



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