



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detailed evaluation

**Amborn, Ulrich**

Club: LG Offenbach  
Number: 112

Course: 42.18 km  
Marathon

Category:  
Männer M55

Total time: 3:17:56

Speed: 12.79 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 10 (of 305)

Rank in course/Men: 10 (of 271)

Best time in course: 3:01:21

Rank in category: 1(of 12)

Best time in the category: 3:17:56

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	1:15	2:30	1	-	18	0:06	0.50	1:15	2:30	1	-	29	
Runde	3.47	15:13	4:23	1	-	23	1:42	3.97	16:28	4:08	1	-	29	
Runde	3.47	15:26	4:26	1	-	20	1:12	7.44	31:54	4:17	1	-	27	
Runde	3.47	15:50	4:33	1	-	19	12:41	10.91	47:44	4:22	1	-	26	
Runde	3.47	16:11	4:39	1	-	19	1:50	14.38	1:03:55	4:26	1	-	24	
Runde	3.47	16:14	4:40	1	-	14	1:49	17.85	1:20:09	4:29	1	-	23	
Runde	3.47	16:28	4:44	1	-	12	1:53	21.32	1:36:37	4:31	1	-	22	9:29
Runde	3.47	16:36	4:47	1	-	12	2:04	24.79	1:53:13	4:34	1	-	22	11:10
Runde	3.47	17:03	4:54	1	-	13	2:38	28.26	2:10:16	4:36	1	-	17	12:59
Runde	3.47	17:09	4:56	1	-	11	2:10	31.73	2:27:25	4:38	1	-	15	13:54
Runde	3.47	17:30	5:02	1	-	8	2:03	35.20	2:44:55	4:41	1	-	11	10:45
Runde	3.47	16:25	4:43	1	-	4	0:33	38.67	3:01:20	4:41	1	-	10	16:12
Finish	3.47	16:36	4:47	1	-	4	1:00	42.18	3:17:56	4:41	1	-	10	16:35