



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Højager, Steen

Total time: 4:51:33

Club: Horsens All Runners Team Ultimate Direction Speed: 8.64 km/h

Number: 136

Running performance: 6:55 min/km

Course: 42.18 km

Rank in course/Total: 129 (of 220)

Marathon

Rank in course/Men: 118 (of 194)

Best time in course: 3:07:34

Category:

Rank in category: 27(of 44)

Senioren M45 (45-49 Jahre)

Best time in the category: 3:33:12

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	3.47	20:21	5:51	20	4:11	84	5:53	3.47	20:21	5:51	5		84	
Runde	3.47	21:05	6:04	24	5:04	103	6:29	6.94	41:26	5:58	5	0:08	119	
Runde	3.47	21:44	6:15	28	5:45	108	6:48	10.41	1:03:10	6:04	33		156	
Runde	3.47	23:04	6:38	34	6:34	138	7:58	13.88	1:26:14	6:12	5	3:08	69	
Runde	3.47	23:34	6:47	32	6:32	137	8:19	17.35	1:49:48	6:19	6		118	4:30
Runde	3.47	23:47	6:51	31	6:51	128	8:21	20.82	2:13:35	6:24	6		73	4:02
Runde	3.47	24:21	7:01	27	6:50	119	9:14	24.29	2:37:56	6:30	6		106	52:46
Runde	3.47	24:54	7:10	25	7:11	114	9:11	27.76	3:02:50	6:35	39		178	57:18
Runde	3.47	27:33	7:56	29	9:06	140	11:19	31.23	3:30:23	6:44	5		97	1:13:16
Runde	3.47	27:53	8:02	27	8:34	131	11:19	34.70	3:58:16	6:51	7		108	1:24:32
Runde	3.47	27:16	7:51	26	8:15	109	10:24	38.17	4:25:32	6:57	6		107	1:34:49
Runde	3.97	26:01	6:33	22	7:24	96	9:10	42.18	4:51:33	6:54	27	1:18:21	121	3:29:44