



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Förster, Udo**

Club: 100 Marathon Club  
Number: 83

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:27:51

Speed: 8.52 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 31 (of 62)

Rank in course/Men: 28 (of 51)

Best time in course: 1:34:46

Rank in category: 5(of 11)

Best time in the category: 1:43:57

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	23:58	6:54	10	8:50	36	9:26	3.47	23:58	6:54	5	8:50	42	0:42
Runde	3.47	24:14	6:59	7	8:26	34	9:19	6.94	48:12	6:56	5	17:16	42	1:12
Runde	3.47	24:37	7:05	6	7:49	31	9:04	10.41	1:12:49	6:59	4	25:05	33	
Runde	3.47	25:21	7:18	6	7:42	28	9:16	13.88	1:38:10	7:04	5	32:47	41	0:37
Runde	3.47	25:22	7:18	6	6:50	28	8:42	17.35	2:03:32	7:07	5	39:37	41	0:01
Runde	3.97	24:19	6:07	5	4:17	20	7:18	21.34	2:27:51	6:55	5	43:54	28	53:05