



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Marienthal, Stefan**

Club: Glück auf!

Number: 191

Course: 42.18 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 5:01:45

Speed: 8.35 km/h

Running performance: 7:09 min/km

Rank in course/Total: 155 (of 220)

Rank in course/Men: 141 (of 194)

Best time in course: 3:07:34

Rank in category: 31(of 44)

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	20:03	5:46	17	3:53	71	5:35	3.47	20:03	5:46	9		52	
Runde	3.47	20:33	5:55	21	4:32	88	5:57	6.94	40:36	5:51	9		143	
Runde	3.47	21:10	6:05	22	5:11	97	6:14	10.41	1:01:46	5:56	8		109	
Runde	3.47	22:02	6:20	25	5:32	108	6:56	13.88	1:23:48	6:02	9	0:42	128	
Runde	3.47	23:09	6:40	26	6:07	125	7:54	17.35	1:46:57	6:09	10		138	1:39
Runde	3.47	25:19	7:17	37	8:23	161	9:53	20.82	2:12:16	6:21	10		119	2:43
Runde	3.47	26:10	7:32	36	8:39	154	11:03	24.29	2:38:26	6:31	10		130	53:16
Runde	3.47	27:34	7:56	36	9:51	160	11:51	27.76	3:06:00	6:42	41		182	1:00:28
Runde	3.47	27:33	7:56	29	9:06	140	11:19	31.23	3:33:33	6:50	9	0:01	121	1:16:26
Runde	3.47	28:56	8:20	33	9:37	146	12:22	34.70	4:02:29	6:59	10		123	1:28:45
Runde	3.47	30:08	8:41	34	11:07	152	13:16	38.17	4:32:37	7:08	10		131	1:41:54
Runde	3.97	29:08	7:20	34	10:31	155	12:17	42.18	5:01:45	7:09	31	1:28:33	144	3:39:56