



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

## Detailed evaluation

**Bay, Henrik**

Club: Lynge/ DEN  
Number: 21

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:35:39

Speed: 8.10 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 40 (of 62)

Rank in course/Men: 35 (of 51)

Best time in course: 1:34:46

Rank in category: 8(of 8)

Best time in the category: 1:50:55

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	3.47	25:07	7:14	8	6:43	40	10:35	3.47	25:07	7:14	6	4:21	19	1:51
Runde	3.47	24:36	7:05	8	6:41	35	9:41	6.94	49:43	7:09	6	7:34	19	2:43
Runde	3.47	25:01	7:12	8	6:55	35	9:28	10.41	1:14:44	7:10	4	5:17	19	
Runde	3.47	25:54	7:27	8	7:32	34	9:49	13.88	1:40:38	7:15	6	13:57	19	3:05
Runde	3.47	26:44	7:42	8	8:04	33	10:04	17.35	2:07:22	7:20	6	17:28	18	3:51
Runde	3.97	28:17	7:07	8	8:49	34	11:16	21.34	2:35:39	7:17	8	44:44	35	1:00:53