



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Mörth, Sascha

Club: Team Erdinger Alkoholfrei
Number: 204

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:49:28

Speed: 10.98 km/h
Running performance: 5:26 min/km

Rank in course/Total: 18 (of 220)

Rank in course/Men: 18 (of 194)

Best time in course: 3:07:34

Rank in category: 3(of 42)

Best time in the category: 3:33:09

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	17:30	5:02	7	1:11	32	3:02	3.47	17:30	5:02	24		19	
Runde	3.47	17:27	5:01	5	1:06	23	2:51	6.94	34:57	5:02	24		19	
Runde	3.47	17:51	5:08	4	1:23	22	2:55	10.41	52:48	5:04	20		15	
Runde	3.47	17:57	5:10	4	1:33	19	2:51	13.88	1:10:45	5:05	23		11	
Runde	3.47	18:21	5:17	4	2:16	23	3:06	17.35	1:29:06	5:08	24		18	
Runde	3.47	18:44	5:23	4	1:53	21	3:18	20.82	1:47:50	5:10	23		18	
Runde	3.47	19:18	5:33	3	1:46	23	4:11	24.29	2:07:08	5:14	40		184	21:58
Runde	3.47	19:44	5:41	4	2:13	22	4:01	27.76	2:26:52	5:17	20		15	21:20
Runde	3.47	20:42	5:57	6	2:59	23	4:28	31.23	2:47:34	5:21	24		17	30:27
Runde	3.47	20:26	5:53	2	1:32	14	3:52	34.70	3:08:00	5:25	42		172	34:16
Runde	3.47	21:25	6:10	3	0:50	19	4:33	38.17	3:29:25	5:29	24		15	38:42
Runde	3.97	20:03	5:03	1	-	12	3:12	42.18	3:49:28	5:26	3	16:19	21	2:27:39