



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Lux, Christian

Club: Twistringern
Number: 289

Course: 21.34 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:31:25

Speed: 8.32 km/h
Running performance: 7:05 min/km

Rank in course/Total: 126 (of 201)

Rank in course/Men: 108 (of 167)

Best time in course: 1:32:52

Rank in category: 16(of 18)

Best time in the category: 1:49:03

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	22:38	6:31	15	7:47	102	8:18	3.47	22:38	6:31	6	0:32	108	
Runde	3.47	23:50	6:52	15	7:04	108	9:01	6.94	46:28	6:41	6	3:32	107	16:50
Runde	3.47	24:07	6:57	15	5:46	101	10:27	10.41	1:10:35	6:46	6	4:54	107	25:24
Runde	3.47	24:58	7:11	16	5:41	104	9:11	13.88	1:35:33	6:53	6	7:05	105	34:35
Runde	3.47	26:53	7:44	17	8:01	114	10:52	17.35	2:02:26	7:03	6	9:51	104	45:27
Runde	3.97	28:59	7:18	17	28:23	132	28:23	21.34	2:31:25	7:05	16	42:22	109	1:43:58