



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Förster, Udo**

Club: 100 Marathon Club  
Number: 104

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:31:29

Speed: 8.32 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 127 (of 201)

Rank in course/Men: 109 (of 167)

Best time in course: 1:32:52

Rank in category: 14(of 21)

Best time in the category: 1:54:56

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	23:47	6:51	14	6:16	123	9:27	3.47	23:47	6:51	8	4:25	109	0:54
Runde	3.47	26:30	7:38	19	8:15	149	11:41	6.94	50:17	7:14	8	7:54	108	20:39
Runde	3.47	27:17	7:51	19	8:19	148	13:37	10.41	1:17:34	7:27	8	11:15	108	32:23
Runde	3.47	24:37	7:05	13	5:41	97	8:50	13.88	1:42:11	7:21	8	11:45	106	41:13
Runde	3.47	25:57	7:28	12	6:43	95	9:56	17.35	2:08:08	7:23	8	11:59	105	51:09
Runde	3.97	23:21	5:52	8	3:19	58	22:45	21.34	2:31:29	7:05	15	1:44:02	110	1:44:02