



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Trautwein, Benjamin**

Club: V-Laufen  
Number: 474

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:31:49

Speed: 8.30 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 131 (of 201)

Rank in course/Men: 112 (of 167)

Best time in course: 1:32:52

Rank in category: 21(of 27)

Best time in the category: 1:32:52

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	21:14	6:07	15	6:25	76	6:54	3.47	21:14	6:07	7		111	
Runde	3.47	21:49	6:17	14	7:00	71	7:00	6.94	43:03	6:12	7		110	13:25
Runde	3.47	24:28	7:03	20	8:55	107	10:48	10.41	1:07:31	6:29	7	2:13	110	22:20
Runde	3.47	27:33	7:56	24	11:46	137	11:46	13.88	1:35:04	6:50	7	7:12	108	34:06
Runde	3.47	28:39	8:15	23	12:38	138	12:38	17.35	2:03:43	7:07	7	9:42	107	46:44
Runde	3.97	28:06	7:04	21	12:13	122	27:30	21.34	2:31:49	7:06	21	58:57	113	1:44:22