



13. Untertage-Sparkassen-Marathon  
Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Wisniewski, Ulf

Club: I run for life  
Number: 514

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:36:07

Speed: 8.07 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 142 (of 201)

Rank in course/Men: 120 (of 167)

Best time in course: 1:32:52

Rank in category: 23(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	21:51	6:17	19	7:02	88	7:31	3.47	21:51	6:17	5	0:34	118	
Runde	3.47	24:05	6:56	23	9:16	110	9:16	6.94	45:56	6:37	5	2:42	117	16:18
Runde	3.47	25:26	7:19	22	9:53	119	11:46	10.41	1:11:22	6:51	5	6:04	86	26:11
Runde	3.47	26:28	7:37	21	10:41	126	10:41	13.88	1:37:50	7:02	5	9:58	115	36:52
Runde	3.47	28:44	8:16	24	12:43	141	12:43	17.35	2:06:34	7:17	5	12:33	114	49:35
Runde	3.97	29:33	7:26	24	13:40	139	28:57	21.34	2:36:07	7:18	23	1:03:15	121	1:48:40