



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

Detailed evaluation

Schladebach, Ulf

Club: VfB Salzkotten
Number: 401

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:39:14

Speed: 7.91 km/h
Running performance: 7:28 min/km

Rank in course/Total: 159 (of 201)

Rank in course/Men: 133 (of 167)

Best time in course: 1:32:52

Rank in category: 27(of 34)

Best time in the category: 1:41:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	26:26	7:37	29	11:45	148	12:06	3.47	26:26	7:37	9		130	3:33
Runde	3.47	26:00	7:29	30	9:48	141	11:11	6.94	52:26	7:33	9		129	22:48
Runde	3.47	26:03	7:30	27	12:23	129	12:23	10.41	1:18:29	7:32	9		129	33:18
Runde	3.47	26:47	7:43	27	9:00	130	11:00	13.88	1:45:16	7:35	8		126	44:18
Runde	3.47	26:55	7:45	25	8:36	116	10:54	17.35	2:12:11	7:37	9		126	55:12
Runde	3.97	27:03	6:48	25	9:26	111	26:27	21.34	2:39:14	7:27	27	57:32	134	1:51:47