



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Paraniak, Jan

Club: Team Skavsåret IF
Number: 344

Course: 21.34 km
Halbmarathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:41:07

Speed: 7.82 km/h
Running performance: 7:33 min/km

Rank in course/Total: 169 (of 201)

Rank in course/Men: 141 (of 167)

Best time in course: 1:32:52

Rank in category: 2(of 5)

Best time in the category: 1:57:17

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	22:19	6:25	2	4:27	99	7:59	3.47	22:19	6:25	2	4:27	138	
Runde	3.47	25:10	7:15	2	6:23	134	10:21	6.94	47:29	6:50	2	10:50	137	17:51
Runde	3.47	26:26	7:37	2	7:03	139	12:46	10.41	1:13:55	7:06	2	17:53	137	28:44
Runde	3.47	28:41	8:15	4	9:12	151	12:54	13.88	1:42:36	7:23	2	27:05	135	41:38
Runde	3.47	28:11	8:07	2	7:36	132	12:10	17.35	2:10:47	7:32	2	34:41	134	53:48
Runde	3.97	30:20	7:38	5	9:09	145	29:44	21.34	2:41:07	7:32	2	43:50	142	1:53:40