



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Aust, Markus

Club: Eisenach
Number: 12

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:50:04

Speed: 11.45 km/h
Running performance: 5:10 min/km

Rank in course/Total: 11 (of 201)

Rank in course/Men: 11 (of 167)

Best time in course: 1:32:52

Rank in category: 3(of 34)

Best time in the category: 1:41:42

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	15:56	4:35	2	1:15	7	1:36	3.47	15:56	4:35	20		14	
Runde	3.47	18:34	5:21	5	2:22	24	3:45	6.94	34:30	4:58	20		13	4:52
Runde	3.47	18:46	5:24	5	5:06	17	5:06	10.41	53:16	5:07	20		13	8:05
Runde	3.47	18:47	5:24	4	1:00	12	3:00	13.88	1:12:03	5:11	32		12	11:05
Runde	3.47	19:19	5:34	3	1:00	13	3:18	17.35	1:31:22	5:15	32		11	14:23
Runde	3.97	18:42	4:42	2	1:05	11	18:06	21.34	1:50:04	5:09	3	8:22	12	1:02:37