



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Grube, Frank

Club: TuS Hilstrup
Number: 127

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:55:40

Speed: 7.17 km/h
Running performance: 8:14 min/km

Rank in course/Total: 186 (of 201)

Rank in course/Men: 155 (of 167)

Best time in course: 1:32:52

Rank in category: 31(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	27:51	8:01	32	13:10	154	13:31	3.47	27:51	8:01	13		152	4:58
Runde	3.47	26:59	7:46	32	10:47	154	12:10	6.94	54:50	7:54	13		151	25:12
Runde	3.47	27:32	7:56	32	13:52	154	13:52	10.41	1:22:22	7:54	13		151	37:11
Runde	3.47	28:38	8:15	30	10:51	150	12:51	13.88	1:51:00	7:59	13	0:31	149	50:02
Runde	3.47	29:12	8:24	30	10:53	147	13:11	17.35	2:20:12	8:04	13	3:38	148	1:03:13
Runde	3.97	35:28	8:56	32	17:51	157	34:52	21.34	2:55:40	8:13	31	1:13:58	156	2:08:13