



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

Detailed evaluation

Zitzmann, Stefan

Club: Oerlenbach
Number: 523

Course: 21.34 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 2:56:00

Speed: 7.16 km/h
Running performance: 8:15 min/km

Rank in course/Total: 187 (of 201)

Rank in course/Men: 156 (of 167)

Best time in course: 1:32:52

Rank in category: 26(of 27)

Best time in the category: 1:38:09

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	23:02	6:38	19	8:42	109	8:42	3.47	23:02	6:38	2	2:45	153	0:09
Runde	3.47	25:06	7:14	19	9:22	133	10:17	6.94	48:08	6:56	2	5:46	152	18:30
Runde	3.47	29:06	8:23	26	12:45	160	15:26	10.41	1:17:14	7:25	2	13:08	152	32:03
Runde	3.47	33:53	9:45	26	17:30	163	18:06	13.88	1:51:07	8:00	2	19:47	150	50:09
Runde	3.47	32:52	9:28	26	15:58	158	16:51	17.35	2:23:59	8:17	2	28:40	149	1:07:00
Runde	3.97	32:01	8:03	26	15:13	154	31:25	21.34	2:56:00	8:14	26	1:17:51	157	2:08:33