



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Steensborg, Jonas**

Club: SØAM  
Number: 444

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:37:53

Speed: 7.98 km/h  
Running performance: 7:24 min/km

Rank in course/Total: 154 (of 201)

Rank in course/Men: 130 (of 167)

Best time in course: 1:32:52

Rank in category: 25(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	26:12	7:33	28	11:31	147	11:52	3.47	26:12	7:33	17		162	3:19
Runde	3.47	24:28	7:03	23	8:16	122	9:39	6.94	50:40	7:18	17		161	21:02
Runde	3.47	25:29	7:20	25	11:49	121	11:49	10.41	1:16:09	7:18	17		161	30:58
Runde	3.47	25:29	7:20	22	7:42	110	9:42	13.88	1:41:38	7:19	17		159	40:40
Runde	3.47	27:18	7:52	27	8:59	124	11:17	17.35	2:08:56	7:25	17		158	51:57
Runde	3.97	28:57	7:17	29	11:20	131	28:21	21.34	2:37:53	7:23	25	56:11	131	1:50:26