



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Amborn, Ulrich

Club: LG Offenbach
Number: 6

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:20:35

Speed: 12.56 km/h
Running performance: 4:45 min/km

Rank in course/Total: 5 (of 272)

Rank in course/Men: 5 (of 245)

Best time in course: 3:07:01

Rank in category: 1(of 19)

Best time in the category: 3:20:35

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	15:28	4:27	1	-	11	1:42	3.47	15:28	4:27	11	-	8	-
Runde	3.47	15:48	4:33	1	-	9	1:07	6.94	31:16	4:30	11	-	8	-
Runde	3.47	16:05	4:38	1	-	10	1:08	10.41	47:21	4:32	11	-	7	-
Runde	3.47	16:24	4:43	1	-	8	0:47	13.88	1:03:45	4:35	11	-	7	-
Runde	3.47	16:46	4:49	1	-	10	1:11	17.35	1:20:31	4:38	11	-	6	-
Runde	3.47	17:03	4:54	1	-	7	1:35	20.82	1:37:34	4:41	11	-	6	-
Runde	3.47	16:36	4:47	1	-	3	1:03	24.29	1:54:10	4:42	11	-	6	-
Runde	3.47	17:04	4:55	1	-	5	0:56	27.76	2:11:14	4:43	11	-	6	-
Runde	3.47	17:38	5:04	1	-	5	1:36	31.23	2:28:52	4:46	11	-	5	10:02
Runde	3.47	17:27	5:01	1	-	4	1:21	34.70	2:46:19	4:47	10	-	5	11:23
Runde	3.47	17:05	4:55	1	-	3	1:13	38.17	3:03:24	4:48	10	-	5	12:36
Runde	3.97	17:11	4:19	2	16:54	7	16:54	42.18	3:20:35	4:45	1	-	6	1:51:22