



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Alexander, Dirk

Club: Runners Point Gießen
Number: 4

Course: 42.18 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:26:44

Speed: 12.19 km/h
Running performance: 4:54 min/km

Rank in course/Total: 7 (of 272)

Rank in course/Men: 7 (of 245)

Best time in course: 3:07:01

Rank in category: 2(of 18)

Best time in the category: 3:19:56

Control	Intermediate times								Stage score				Total ranking			
	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	2	0:11	11	1:42	3.47	15:28	4:27	18		8			
Runde	3.47	15:16	4:23	1	-	7	0:35	6.94	30:44	4:25	18		10			
Runde	3.47	16:03	4:37	2	0:10	9	1:06	10.41	46:47	4:29	18		10			
Runde	3.47	16:15	4:40	2	0:12	7	0:38	13.88	1:03:02	4:32	18		9			
Runde	3.47	16:33	4:46	2	0:29	6	0:58	17.35	1:19:35	4:35	18		8			
Runde	3.47	16:49	4:50	2	0:48	5	1:21	20.82	1:36:24	4:37	18		8			
Runde	3.47	17:47	5:07	3	1:41	9	2:14	24.29	1:54:11	4:42	18		8			
Runde	3.47	17:50	5:08	2	1:33	7	1:42	27.76	2:12:01	4:45	18		8			
Runde	3.47	18:33	5:20	3	2:04	8	2:31	31.23	2:30:34	4:49	18		7	11:44		
Runde	3.47	19:01	5:28	3	1:39	9	2:55	34.70	2:49:35	4:53	17		7	14:39		
Runde	3.47	18:46	5:24	2	0:03	7	2:54	38.17	3:08:21	4:56	17		7	17:33		
Runde	3.97	18:23	4:37	2	0:45	14	18:06	42.18	3:26:44	4:54	2	6:48	8	1:57:31		