



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Jürries, Frank**

Club: Dresdner Durchläufer/streakrunner  
Number: 217

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:44:16

Speed: 11.24 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 20 (of 272)

Rank in course/Men: 19 (of 245)

Best time in course: 3:07:01

Rank in category: 2(of 51)

Best time in the category: 3:34:54

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	16:25	4:43	6	1:53	25	2:39	3.47	16:25	4:43	29		24	
Runde	3.47	16:39	4:47	4	1:37	19	1:58	6.94	33:04	4:45	29		24	
Runde	3.47	17:00	4:53	5	1:31	19	2:03	10.41	50:04	4:48	29		24	
Runde	3.47	17:22	5:00	5	1:24	20	1:45	13.88	1:07:26	4:51	29		23	
Runde	3.47	17:40	5:05	5	0:58	18	2:05	17.35	1:25:06	4:54	29		22	
Runde	3.47	18:06	5:12	5	0:57	19	2:38	20.82	1:43:12	4:57	29		22	
Runde	3.47	18:39	5:22	2	0:40	18	3:06	24.29	2:01:51	5:00	29		22	
Runde	3.47	19:14	5:32	2	0:48	17	3:06	27.76	2:21:05	5:04	29		22	
Runde	3.47	20:00	5:45	3	0:49	20	3:58	31.23	2:41:05	5:09	29		21	22:15
Runde	3.47	20:36	5:56	4	1:10	23	4:30	34.70	3:01:41	5:14	27		19	26:45
Runde	3.47	21:11	6:06	4	1:45	24	5:19	38.17	3:22:52	5:18	27		19	32:04
Runde	3.97	21:24	5:23	8	3:25	39	21:07	42.18	3:44:16	5:19	3	9:22	22	2:15:03