



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Sönke, Johannes**

Club: Baden  
Number: 461

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:49:48

Speed: 10.97 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 24 (of 272)

Rank in course/Men: 23 (of 245)

Best time in course: 3:07:01

Rank in category: 4(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	17:05	4:55	9	2:33	37	3:19	3.47	17:05	4:55	31		28	
Runde	3.47	18:11	5:14	11	3:09	49	3:30	6.94	35:16	5:04	31		28	
Runde	3.47	18:48	5:25	15	3:19	55	3:51	10.41	54:04	5:11	31		28	
Runde	3.47	18:39	5:22	9	2:41	40	3:02	13.88	1:12:43	5:14	31		27	
Runde	3.47	18:55	5:27	8	2:13	38	3:20	17.35	1:31:38	5:16	31		26	
Runde	3.47	19:14	5:32	8	2:05	37	3:46	20.82	1:50:52	5:19	31		26	
Runde	3.47	19:15	5:32	4	1:16	25	3:42	24.29	2:10:07	5:21	31		26	
Runde	3.47	19:19	5:34	3	0:53	19	3:11	27.76	2:29:26	5:22	31		26	
Runde	3.47	19:40	5:40	2	0:29	17	3:38	31.23	2:49:06	5:24	31		25	30:16
Runde	3.47	20:17	5:50	2	0:51	21	4:11	34.70	3:09:23	5:27	29		23	34:27
Runde	3.47	20:29	5:54	3	1:03	19	4:37	38.17	3:29:52	5:29	29		23	39:04
Runde	3.97	19:56	5:01	3	1:57	24	19:39	42.18	3:49:48	5:26	5	14:54	26	2:20:35