



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

laenger, uwe

Club: 1.FC UNION BERLIN
Number: 273

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:50:10

Speed: 10.95 km/h
Running performance: 5:28 min/km

Rank in course/Total: 25 (of 272)

Rank in course/Men: 24 (of 245)

Best time in course: 3:07:01

Rank in category: 5(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	14:41	4:13	2	0:09	7	0:55	3.47	14:41	4:13	32		29	
Runde	3.47	15:58	4:36	2	0:56	10	1:17	6.94	30:39	4:24	32		29	
Runde	3.47	16:22	4:42	2	0:53	12	1:25	10.41	47:01	4:30	32		29	
Runde	3.47	16:53	4:51	2	0:55	12	1:16	13.88	1:03:54	4:36	32		28	
Runde	3.47	17:21	5:00	2	0:39	15	1:46	17.35	1:21:15	4:40	32		27	
Runde	3.47	17:39	5:05	3	0:30	13	2:11	20.82	1:38:54	4:45	32		27	
Runde	3.47	19:38	5:39	7	1:39	31	4:05	24.29	1:58:32	4:52	32		27	
Runde	3.47	21:48	6:16	14	3:22	57	5:40	27.76	2:20:20	5:03	32		27	
Runde	3.47	22:37	6:31	13	3:26	55	6:35	31.23	2:42:57	5:13	32		26	24:07
Runde	3.47	22:04	6:21	12	2:38	37	5:58	34.70	3:05:01	5:19	30		24	30:05
Runde	3.47	23:46	6:50	16	4:20	62	7:54	38.17	3:28:47	5:28	30		24	37:59
Runde	3.97	21:23	5:23	7	3:24	38	21:06	42.18	3:50:10	5:27	6	15:16	27	2:20:57