



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Gräßler, Jens**

Club: Die 2  
Number: 131

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:57:57

Speed: 10.59 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 36 (of 272)

Rank in course/Men: 35 (of 245)

Best time in course: 3:07:01

Rank in category: 8(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	21:20	6:08	32	6:48	141	7:34	3.47	21:20	6:08	35		41	
Runde	3.47	18:42	5:23	16	3:40	64	4:01	6.94	40:02	5:46	35		41	
Runde	3.47	19:19	5:34	18	3:50	67	4:22	10.41	59:21	5:42	35		41	
Runde	3.47	19:50	5:42	18	3:52	69	4:13	13.88	1:19:11	5:42	35		40	
Runde	3.47	19:37	5:39	16	2:55	55	4:02	17.35	1:38:48	5:41	35		39	2:32
Runde	3.47	19:46	5:41	12	2:37	48	4:18	20.82	1:58:34	5:41	35		39	0:54
Runde	3.47	20:07	5:47	8	2:08	40	4:34	24.29	2:18:41	5:42	35		39	
Runde	3.47	20:25	5:53	8	1:59	33	4:17	27.76	2:39:06	5:43	35		39	
Runde	3.47	20:34	5:55	6	1:23	29	4:32	31.23	2:59:40	5:45	35		38	40:50
Runde	3.47	20:19	5:51	3	0:53	22	4:13	34.70	3:19:59	5:45	33		35	45:03
Runde	3.47	19:59	5:45	2	0:33	14	4:07	38.17	3:39:58	5:45	33		35	49:10
Runde	3.97	17:59	4:31	1	-	11	17:42	42.18	3:57:57	5:38	9	23:03	38	2:28:44