



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Lenfort, Stefan**

Club: SC Nordwalde  
Number: 280

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:58:35

Speed: 10.56 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 37 (of 272)

Rank in course/Men: 36 (of 245)

Best time in course: 3:07:01

Rank in category: 9(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	17:28	5:02	10	2:56	45	3:42	3.47	17:28	5:02	36		42	
Runde	3.47	18:26	5:18	15	3:24	57	3:45	6.94	35:54	5:10	36		42	
Runde	3.47	18:50	5:25	17	3:21	58	3:53	10.41	54:44	5:15	36		39	
Runde	3.47	19:07	5:30	13	3:09	53	3:30	13.88	1:13:51	5:19	36		41	
Runde	3.47	19:40	5:40	17	2:58	57	4:05	17.35	1:33:31	5:23	36		40	
Runde	3.47	20:04	5:46	15	2:55	54	4:36	20.82	1:53:35	5:27	36		40	
Runde	3.47	20:51	6:00	13	2:52	53	5:18	24.29	2:14:26	5:32	36		40	
Runde	3.47	20:13	5:49	6	1:47	30	4:05	27.76	2:34:39	5:34	36		40	
Runde	3.47	20:30	5:54	5	1:19	28	4:28	31.23	2:55:09	5:36	36		39	36:19
Runde	3.47	20:54	6:01	5	1:28	26	4:48	34.70	3:16:03	5:38	34		36	41:07
Runde	3.47	21:23	6:09	5	1:57	25	5:31	38.17	3:37:26	5:41	34		36	46:38
Runde	3.97	21:09	5:19	6	3:10	35	20:52	42.18	3:58:35	5:39	10	23:41	39	2:29:22