



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Amrein, Ivo

Club: LSV Basel
Number: 7

Course: 42.18 km
Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:58:47

Speed: 10.55 km/h
Running performance: 5:40 min/km

Rank in course/Total: 38 (of 272)

Rank in course/Men: 37 (of 245)

Best time in course: 3:07:01

Rank in category: 9(of 26)

Best time in the category: 3:14:14

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	16:29	4:45	8	2:43	26	2:43	3.47	16:29	4:45	19		43	
Runde	3.47	17:34	5:03	10	2:53	36	2:53	6.94	34:03	4:54	19		43	
Runde	3.47	18:56	5:27	14	3:13	61	3:59	10.41	52:59	5:05	19		43	
Runde	3.47	18:34	5:21	11	2:55	39	2:57	13.88	1:11:33	5:09	19		42	
Runde	3.47	18:50	5:25	11	2:50	36	3:15	17.35	1:30:23	5:12	19		41	
Runde	3.47	19:37	5:39	11	3:37	47	4:09	20.82	1:50:00	5:17	19		41	
Runde	3.47	19:55	5:44	10	3:10	36	4:22	24.29	2:09:55	5:20	19		41	
Runde	3.47	21:21	6:09	10	4:47	50	5:13	27.76	2:31:16	5:26	19		41	
Runde	3.47	22:19	6:25	10	5:00	48	6:17	31.23	2:53:35	5:33	19		40	34:45
Runde	3.47	21:47	6:16	5	4:45	34	5:41	34.70	3:15:22	5:37	19		37	40:26
Runde	3.47	21:37	6:13	4	4:39	28	5:45	38.17	3:36:59	5:41	19		37	46:11
Runde	3.97	21:48	5:29	9	5:49	42	21:31	42.18	3:58:47	5:39	9	44:33	40	2:29:34