



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Müller, Kai

Club: Rostock
Number: 317

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:02:56

Speed: 10.37 km/h
Running performance: 5:46 min/km

Rank in course/Total: 45 (of 272)

Rank in course/Men: 44 (of 245)

Best time in course: 3:07:01

Rank in category: 11(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	19:03	5:29	19	4:31	81	5:17	3.47	19:03	5:29	38		50	
Runde	3.47	19:01	5:28	18	3:59	71	4:20	6.94	38:04	5:29	38		50	
Runde	3.47	18:47	5:24	14	3:18	52	3:50	10.41	56:51	5:27	38		50	
Runde	3.47	19:12	5:31	14	3:14	57	3:35	13.88	1:16:03	5:28	38		49	
Runde	3.47	19:35	5:38	15	2:53	54	4:00	17.35	1:35:38	5:30	38		48	
Runde	3.47	20:22	5:52	17	3:13	62	4:54	20.82	1:56:00	5:34	38		48	
Runde	3.47	20:20	5:51	10	2:21	46	4:47	24.29	2:16:20	5:36	38		48	
Runde	3.47	21:14	6:07	11	2:48	47	5:06	27.76	2:37:34	5:40	38		48	
Runde	3.47	21:09	6:05	11	1:58	38	5:07	31.23	2:58:43	5:43	38		47	39:53
Runde	3.47	21:55	6:18	11	2:29	35	5:49	34.70	3:20:38	5:46	36		44	45:42
Runde	3.47	22:03	6:21	7	2:37	32	6:11	38.17	3:42:41	5:50	36		44	51:53
Runde	3.97	20:15	5:06	4	2:16	26	19:58	42.18	4:02:56	5:45	12	28:02	47	2:33:43