



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Staun, Thomas

Club: Horsens All Runners
Number: 443

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:06:10

Speed: 10.24 km/h
Running performance: 5:50 min/km

Rank in course/Total: 50 (of 272)

Rank in course/Men: 48 (of 245)

Best time in course: 3:07:01

Rank in category: 7(of 63)

Best time in the category: 3:35:43

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	19:02	5:29	22	3:12	79	5:16	3.47	19:02	5:29	2		54	
Runde	3.47	18:05	5:12	8	1:38	42	3:24	6.94	37:07	5:20	39		54	
Runde	3.47	18:35	5:21	8	1:38	46	3:38	10.41	55:42	5:21	39		54	
Runde	3.47	17:55	5:09	4	0:54	27	2:18	13.88	1:13:37	5:18	39		20	
Runde	3.47	18:12	5:14	3	0:57	27	2:37	17.35	1:31:49	5:17	39		52	
Runde	3.47	18:46	5:24	4	0:57	31	3:18	20.82	1:50:35	5:18	39		52	
Runde	3.47	19:56	5:44	6	1:45	37	4:23	24.29	2:10:31	5:22	39		52	
Runde	3.47	20:29	5:54	4	2:02	34	4:21	27.76	2:31:00	5:26	39		52	
Runde	3.47	21:25	6:10	6	2:50	42	5:23	31.23	2:52:25	5:31	39		51	33:35
Runde	3.47	23:20	6:43	9	3:51	57	7:14	34.70	3:15:45	5:38	39		48	40:49
Runde	3.47	25:10	7:15	16	5:43	84	9:18	38.17	3:40:55	5:47	39		48	50:07
Runde	3.97	25:15	6:21	21	7:16	95	24:58	42.18	4:06:10	5:50	7	30:27	51	2:36:57