



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Hauch, Rainer

Club: LSV Basel
Number: 153

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:08:50

Speed: 10.13 km/h
Running performance: 5:54 min/km

Rank in course/Total: 56 (of 272)

Rank in course/Men: 54 (of 245)

Best time in course: 3:07:01

Rank in category: 14(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	14:32	4:11	1	-	4	0:46	3.47	14:32	4:11	41		61	
Runde	3.47	15:02	4:19	1	-	3	0:21	6.94	29:34	4:15	41		61	
Runde	3.47	15:29	4:27	1	-	2	0:32	10.41	45:03	4:19	41		61	
Runde	3.47	15:58	4:36	1	-	4	0:21	13.88	1:01:01	4:23	41		60	
Runde	3.47	16:42	4:48	1	-	8	1:07	17.35	1:17:43	4:28	41		59	
Runde	3.47	17:09	4:56	1	-	9	1:41	20.82	1:34:52	4:33	41		59	
Runde	3.47	20:18	5:51	9	2:19	44	4:45	24.29	1:55:10	4:44	41		59	
Runde	3.47	26:15	7:33	38	7:49	160	10:07	27.76	2:21:25	5:05	41		59	
Runde	3.47	23:41	6:49	18	4:30	77	7:39	31.23	2:45:06	5:17	41		58	26:16
Runde	3.47	23:42	6:49	15	4:16	65	7:36	34.70	3:08:48	5:26	26		53	33:52
Runde	3.47	27:52	8:01	30	8:26	138	12:00	38.17	3:36:40	5:40	26		53	45:52
Runde	3.97	32:10	8:06	44	14:11	206	31:53	42.18	4:08:50	5:53	15	33:56	57	2:39:37