



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Lunge, Christian

Club: Hamburg
Number: 287

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:12:19

Speed: 9.99 km/h
Running performance: 5:59 min/km

Rank in course/Total: 57 (of 272)

Rank in course/Men: 55 (of 245)

Best time in course: 3:07:01

Rank in category: 10(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	17:29	5:02	11	1:39	46	3:43	3.47	17:29	5:02	36		36	
Runde	3.47	17:26	5:01	6	0:59	34	2:45	6.94	34:55	5:01	42		63	
Runde	3.47	17:52	5:08	5	0:55	34	2:55	10.41	52:47	5:04	42		49	
Runde	3.47	18:48	5:25	7	1:47	46	3:11	13.88	1:11:35	5:09	42		62	
Runde	3.47	19:47	5:42	11	2:32	61	4:12	17.35	1:31:22	5:15	42		61	
Runde	3.47	21:15	6:07	19	3:26	79	5:47	20.82	1:52:37	5:24	42		61	
Runde	3.47	21:41	6:14	16	3:30	68	6:08	24.29	2:14:18	5:31	42		61	
Runde	3.47	21:18	6:08	8	2:51	49	5:10	27.76	2:35:36	5:36	42		61	
Runde	3.47	23:58	6:54	18	5:23	85	7:56	31.23	2:59:34	5:44	42		60	40:44
Runde	3.47	24:05	6:56	17	4:36	76	7:59	34.70	3:23:39	5:52	42		55	48:43
Runde	3.47	24:55	7:10	13	5:28	75	9:03	38.17	3:48:34	5:59	42		55	57:46
Runde	3.97	23:45	5:58	10	5:46	64	23:28	42.18	4:12:19	5:58	10	36:36	58	2:43:06