



13. Untertage-Sparkassen-Marathon  
Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Lang, Frank

Club: SV Flottweg Dernbach  
Number: 275

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:54:56

Speed: 10.96 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 20 (of 201)

Rank in course/Men: 20 (of 167)

Best time in course: 1:32:52

Rank in category: 1(of 21)

Best time in the category: 1:54:56

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	19:16	5:33	3	1:45	39	4:56	3.47	19:16	5:33	21		23	
Runde	3.47	18:30	5:19	2	0:15	20	3:41	6.94	37:46	5:26	11		22	8:08
Runde	3.47	18:58	5:27	1	-	18	5:18	10.41	56:44	5:26	11		22	11:33
Runde	3.47	18:56	5:27	1	-	13	3:09	13.88	1:15:40	5:27	11		21	14:42
Runde	3.47	19:14	5:32	1	-	12	3:13	17.35	1:34:54	5:28	11		20	17:55
Runde	3.97	20:02	5:02	1	-	20	19:26	21.34	1:54:56	5:23	2	1:07:29	21	1:07:29