



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Heidingsfelder, Holger

Club: Synergy-Sports.de
Number: 157

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:15:40

Speed: 9.86 km/h
Running performance: 6:04 min/km

Rank in course/Total: 61 (of 272)

Rank in course/Men: 59 (of 245)

Best time in course: 3:07:01

Rank in category: 11(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	21:49	6:17	41	5:59	160	8:03	3.47	21:49	6:17	19		67	
Runde	3.47	21:08	6:05	40	4:41	135	6:27	6.94	42:57	6:11	43		67	
Runde	3.47	19:17	5:33	14	2:20	65	4:20	10.41	1:02:14	5:58	43		67	
Runde	3.47	18:43	5:23	6	1:42	41	3:06	13.88	1:20:57	5:49	43		66	
Runde	3.47	20:18	5:51	15	3:03	70	4:43	17.35	1:41:15	5:50	43		65	4:59
Runde	3.47	20:54	6:01	15	3:05	71	5:26	20.82	2:02:09	5:52	43		65	4:29
Runde	3.47	21:03	6:03	11	2:52	58	5:30	24.29	2:23:12	5:53	43		65	2:57
Runde	3.47	21:21	6:09	9	2:54	50	5:13	27.76	2:44:33	5:55	43		65	
Runde	3.47	21:17	6:08	5	2:42	39	5:15	31.23	3:05:50	5:57	43		64	47:00
Runde	3.47	23:40	6:49	11	4:11	64	7:34	34.70	3:29:30	6:02	43		59	54:34
Runde	3.47	23:24	6:44	7	3:57	57	7:32	38.17	3:52:54	6:06	43		59	1:02:06
Runde	3.97	22:46	5:44	7	4:47	54	22:29	42.18	4:15:40	6:03	11	39:57	62	2:46:27