



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Winkler, Ingolf**

Club: TG Neuss  
Number: 513

Course: 42.18 km  
Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:20:47

Speed: 9.66 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 69 (of 272)

Rank in course/Men: 64 (of 245)

Best time in course: 3:07:01

Rank in category: 13(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	18:10	5:14	16	2:20	60	4:24	3.47	18:10	5:14	34		30	
Runde	3.47	19:15	5:32	19	2:48	76	4:34	6.94	37:25	5:23	45		72	
Runde	3.47	19:29	5:36	16	2:32	73	4:32	10.41	56:54	5:27	45		72	
Runde	3.47	20:17	5:50	19	3:16	82	4:40	13.88	1:17:11	5:33	45		71	
Runde	3.47	20:43	5:58	18	3:28	78	5:08	17.35	1:37:54	5:38	45		70	1:38
Runde	3.47	21:05	6:04	17	3:16	75	5:37	20.82	1:58:59	5:42	45		70	1:19
Runde	3.47	21:33	6:12	14	3:22	65	6:00	24.29	2:20:32	5:47	45		70	0:17
Runde	3.47	22:19	6:25	14	3:52	63	6:11	27.76	2:42:51	5:51	45		70	
Runde	3.47	22:26	6:27	10	3:51	52	6:24	31.23	3:05:17	5:55	45		69	46:27
Runde	3.47	24:11	6:58	18	4:42	77	8:05	34.70	3:29:28	6:02	45		58	54:32
Runde	3.47	25:46	7:25	25	6:19	101	9:54	38.17	3:55:14	6:09	45		64	1:04:26
Runde	3.97	25:33	6:26	25	7:34	104	25:16	42.18	4:20:47	6:10	13	45:04	67	2:51:34