



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Herbert, Stephan

Club: Nordwalde
Number: 167

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:21:49

Speed: 9.63 km/h
Running performance: 6:13 min/km

Rank in course/Total: 72 (of 272)

Rank in course/Men: 66 (of 245)

Best time in course: 3:07:01

Rank in category: 15(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	17:27	5:01	10	1:37	44	3:41	3.47	17:27	5:01	47		74	
Runde	3.47	18:26	5:18	12	1:59	57	3:45	6.94	35:53	5:10	47		74	
Runde	3.47	18:50	5:25	12	1:53	58	3:53	10.41	54:43	5:15	47		74	
Runde	3.47	19:07	5:30	10	2:06	53	3:30	13.88	1:13:50	5:19	47		73	
Runde	3.47	19:40	5:40	10	2:25	57	4:05	17.35	1:33:30	5:23	47		72	
Runde	3.47	20:05	5:47	10	2:16	55	4:37	20.82	1:53:35	5:27	47		40	
Runde	3.47	21:05	6:04	12	2:54	59	5:32	24.29	2:14:40	5:32	47		72	
Runde	3.47	24:07	6:57	29	5:40	110	7:59	27.76	2:38:47	5:43	47		72	
Runde	3.47	23:44	6:50	15	5:09	79	7:42	31.23	3:02:31	5:50	47		71	43:41
Runde	3.47	25:06	7:14	22	5:37	92	9:00	34.70	3:27:37	5:58	47		66	52:41
Runde	3.47	27:09	7:49	30	7:42	126	11:17	38.17	3:54:46	6:09	47		66	1:03:58
Runde	3.97	27:03	6:48	30	9:04	133	26:46	42.18	4:21:49	6:12	15	46:06	69	2:52:36