



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Sistermanns, Elmar

Club: LG Mörfelden/ Walldorf
Number: 435

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:22:18

Speed: 9.61 km/h
Running performance: 6:13 min/km

Rank in course/Total: 74 (of 272)

Rank in course/Men: 68 (of 245)

Best time in course: 3:07:01

Rank in category: 17(of 51)

Best time in the category: 3:34:54

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	18:58	5:27	18	4:26	78	5:12	3.47	18:58	5:27	44		76	
Runde	3.47	19:19	5:34	20	4:17	79	4:38	6.94	38:17	5:30	44		76	
Runde	3.47	20:24	5:52	24	4:55	98	5:27	10.41	58:41	5:38	44		76	
Runde	3.47	20:25	5:53	23	4:27	87	4:48	13.88	1:19:06	5:41	44		75	
Runde	3.47	21:40	6:14	27	4:58	113	6:05	17.35	1:40:46	5:48	44		74	4:30
Runde	3.47	23:33	6:47	34	6:24	148	8:05	20.82	2:04:19	5:58	44		74	6:39
Runde	3.47	22:53	6:35	24	4:54	106	7:20	24.29	2:27:12	6:03	44		74	6:57
Runde	3.47	23:00	6:37	20	4:34	83	6:52	27.76	2:50:12	6:07	44		74	5:32
Runde	3.47	22:46	6:33	15	3:35	60	6:44	31.23	3:12:58	6:10	44		73	54:08
Runde	3.47	23:11	6:40	13	3:45	53	7:05	34.70	3:36:09	6:13	42		68	1:01:13
Runde	3.47	23:15	6:42	13	3:49	52	7:23	38.17	3:59:24	6:16	42		68	1:08:36
Runde	3.97	22:54	5:46	12	4:55	56	22:37	42.18	4:22:18	6:13	18	47:24	71	2:53:05