



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Lyngberg Holm, Mikkel

Club: TIF

Number: 290

Course: 42.18 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:23:46

Speed: 9.55 km/h

Running performance: 6:15 min/km

Rank in course/Total: 77 (of 272)

Rank in course/Men: 70 (of 245)

Best time in course: 3:07:01

Rank in category: 15(of 26)

Best time in the category: 3:14:14

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	3.47	21:44	6:15	18	7:58	153	7:58	3.47	21:44	6:15	13	3:49	78	
Runde	3.47	20:54	6:01	17	6:13	126	6:13	6.94	42:38	6:08	13	6:28	78	
Runde	3.47	20:00	5:45	16	4:17	85	5:03	10.41	1:02:38	6:00	13	7:51	78	
Runde	3.47	20:26	5:53	16	4:47	88	4:49	13.88	1:23:04	5:59	13	9:17	77	
Runde	3.47	20:53	6:01	15	4:53	83	5:18	17.35	1:43:57	5:59	13	10:47	76	7:41
Runde	3.47	21:36	6:13	16	5:36	92	6:08	20.82	2:05:33	6:01	13	13:09	76	7:53
Runde	3.47	21:51	6:17	14	5:06	74	6:18	24.29	2:27:24	6:04	13	13:16	76	7:09
Runde	3.47	22:33	6:29	14	5:59	68	6:25	27.76	2:49:57	6:07	13	13:06	76	5:17
Runde	3.47	22:59	6:37	15	5:40	66	6:57	31.23	3:12:56	6:10	13	12:36	75	54:06
Runde	3.47	22:46	6:33	11	5:44	45	6:40	34.70	3:35:42	6:12	13	10:36	70	1:00:46
Runde	3.47	23:46	6:50	13	6:48	62	7:54	38.17	3:59:28	6:16	13	9:02	70	1:08:40
Runde	3.97	24:18	6:07	13	8:19	76	24:01	42.18	4:23:46	6:15	15	1:09:32	73	2:54:33