



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Motzkus, Steffen**

Club: Wolfen  
Number: 312

Course: 42.18 km  
Marathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 4:26:32

Speed: 9.45 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 83 (of 272)

Rank in course/Men: 76 (of 245)

Best time in course: 3:07:01

Rank in category: 10(of 18)

Best time in the category: 3:19:56

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	19:04	5:29	8	3:47	82	5:18	3.47	19:04	5:29	9	2:16	84	
Runde	3.47	20:56	6:01	11	5:40	129	6:15	6.94	40:00	5:45	9	4:52	84	
Runde	3.47	21:07	6:05	11	5:14	124	6:10	10.41	1:01:07	5:52	9	7:29	84	
Runde	3.47	21:23	6:09	11	5:20	115	5:46	13.88	1:22:30	5:56	9	9:28	83	
Runde	3.47	22:06	6:22	11	6:02	132	6:31	17.35	1:44:36	6:01	9	11:28	82	8:20
Runde	3.47	22:25	6:27	12	6:24	117	6:57	20.82	2:07:01	6:06	9	13:09	82	9:21
Runde	3.47	22:49	6:34	10	6:43	101	7:16	24.29	2:29:50	6:10	9	12:25	82	9:35
Runde	3.47	23:37	6:48	10	7:20	102	7:29	27.76	2:53:27	6:14	9	11:52	82	8:47
Runde	3.47	23:35	6:47	9	7:06	73	7:33	31.23	3:17:02	6:18	9	7:25	81	58:12
Runde	3.47	23:24	6:44	9	6:02	58	7:18	34.70	3:40:26	6:21	9	4:31	76	1:05:30
Runde	3.47	23:53	6:52	9	5:10	66	8:01	38.17	4:04:19	6:24	9	3:22	76	1:13:31
Runde	3.97	22:13	5:35	8	4:35	47	21:56	42.18	4:26:32	6:19	10	1:06:36	79	2:57:19