



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Rasmussen, Kim

Club: Allinge DEN
Number: 362

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:28:32

Speed: 9.38 km/h
Running performance: 6:22 min/km

Rank in course/Total: 90 (of 272)

Rank in course/Men: 83 (of 245)

Best time in course: 3:07:01

Rank in category: 21(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	20:25	5:53	26	5:53	118	6:39	3.47	20:25	5:53	48		91	
Runde	3.47	19:51	5:43	24	4:49	98	5:10	6.94	40:16	5:48	48		91	
Runde	3.47	20:23	5:52	23	4:54	97	5:26	10.41	1:00:39	5:49	48		91	
Runde	3.47	20:37	5:56	24	4:39	91	5:00	13.88	1:21:16	5:51	48		90	
Runde	3.47	20:40	5:57	21	3:58	76	5:05	17.35	1:41:56	5:52	48		89	5:40
Runde	3.47	21:16	6:07	21	4:07	80	5:48	20.82	2:03:12	5:55	48		89	5:32
Runde	3.47	20:54	6:01	14	2:55	55	5:21	24.29	2:24:06	5:55	48		89	3:51
Runde	3.47	23:24	6:44	21	4:58	97	7:16	27.76	2:47:30	6:02	48		89	2:50
Runde	3.47	23:46	6:50	19	4:35	82	7:44	31.23	3:11:16	6:07	48		88	52:26
Runde	3.47	24:42	7:07	20	5:16	85	8:36	34.70	3:35:58	6:13	46		83	1:01:02
Runde	3.47	26:08	7:31	21	6:42	107	10:16	38.17	4:02:06	6:20	46		83	1:11:18
Runde	3.97	26:26	6:39	25	8:27	123	26:09	42.18	4:28:32	6:21	22	53:38	86	2:59:19