



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

van Rennings, Uwe

Club: TriFun Hennesee  
Number: 482

Course: 42.18 km  
Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 4:29:59

Speed: 9.33 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 94 (of 272)

Rank in course/Men: 87 (of 245)

Best time in course: 3:07:01

Rank in category: 8(of 40)

Best time in the category: 3:22:57

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	21:02	6:03	17	6:25	132	7:16	3.47	21:02	6:03	29		95	
Runde	3.47	20:04	5:46	12	4:56	106	5:23	6.94	41:06	5:55	29		95	
Runde	3.47	19:58	5:45	7	4:13	84	5:01	10.41	1:01:04	5:51	29		95	
Runde	3.47	20:18	5:51	7	4:05	85	4:41	13.88	1:21:22	5:51	28		94	
Runde	3.47	21:51	6:17	20	5:19	125	6:16	17.35	1:43:13	5:56	28		93	6:57
Runde	3.47	21:35	6:13	10	4:27	91	6:07	20.82	2:04:48	5:59	28		93	7:08
Runde	3.47	22:33	6:29	12	5:05	92	7:00	24.29	2:27:21	6:03	28		93	7:06
Runde	3.47	23:11	6:40	12	5:45	88	7:03	27.76	2:50:32	6:08	28		93	5:52
Runde	3.47	24:49	7:09	14	6:55	106	8:47	31.23	3:15:21	6:15	28		92	56:31
Runde	3.47	25:07	7:14	11	6:40	95	9:01	34.70	3:40:28	6:21	28		87	1:05:32
Runde	3.47	25:43	7:24	11	7:20	99	9:51	38.17	4:06:11	6:26	28		87	1:15:23
Runde	3.97	23:48	5:59	9	23:19	65	23:31	42.18	4:29:59	6:24	9	3:00:46	90	3:00:46