



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Urbaniak, Hans

Club: Endorphinjunkies.de Dortmund
Number: 480

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:30:08

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

Rank in course/Total: 95 (of 272)

Rank in course/Men: 88 (of 245)

Best time in course: 3:07:01

Rank in category: 9(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	19:19	5:34	11	4:42	89	5:33	3.47	19:19	5:34	30		96	
Runde	3.47	19:47	5:42	10	4:39	97	5:06	6.94	39:06	5:38	30		96	
Runde	3.47	20:33	5:55	12	4:48	108	5:36	10.41	59:39	5:43	30		96	
Runde	3.47	20:38	5:56	9	4:25	93	5:01	13.88	1:20:17	5:47	29		95	
Runde	3.47	20:55	6:01	6	4:23	84	5:20	17.35	1:41:12	5:49	29		94	4:56
Runde	3.47	21:29	6:11	9	4:21	88	6:01	20.82	2:02:41	5:53	29		94	5:01
Runde	3.47	23:20	6:43	19	5:52	115	7:47	24.29	2:26:01	6:00	29		94	5:46
Runde	3.47	24:11	6:58	15	6:45	112	8:03	27.76	2:50:12	6:07	29		74	5:32
Runde	3.47	24:42	7:07	13	6:48	102	8:40	31.23	3:14:54	6:14	29		93	56:04
Runde	3.47	25:21	7:18	13	6:54	100	9:15	34.70	3:40:15	6:20	29		88	1:05:19
Runde	3.47	24:37	7:05	8	6:14	70	8:45	38.17	4:04:52	6:24	29		88	1:14:04
Runde	3.97	25:16	6:21	16	24:47	97	24:59	42.18	4:30:08	6:24	10	3:00:55	91	3:00:55