



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Porstner, Thomas**

Club: GutsMuths-RLV  
Number: 357

Course: 42.18 km  
Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 4:31:02

Speed: 9.30 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 100 (of 272)

Rank in course/Men: 93 (of 245)

Best time in course: 3:07:01

Rank in category: 12(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	18:32	5:20	9	3:55	67	4:46	3.47	18:32	5:20	33		101	
Runde	3.47	19:44	5:41	9	4:36	96	5:03	6.94	38:16	5:30	33		101	
Runde	3.47	20:33	5:55	12	4:48	108	5:36	10.41	58:49	5:39	33		101	
Runde	3.47	20:56	6:01	12	4:43	103	5:19	13.88	1:19:45	5:44	32		100	
Runde	3.47	20:56	6:01	7	4:24	86	5:21	17.35	1:40:41	5:48	32		99	4:25
Runde	3.47	21:50	6:17	11	4:42	100	6:22	20.82	2:02:31	5:53	32		99	4:51
Runde	3.47	22:21	6:26	8	4:53	85	6:48	24.29	2:24:52	5:57	32		99	4:37
Runde	3.47	22:49	6:34	7	5:23	76	6:41	27.76	2:47:41	6:02	32		99	3:01
Runde	3.47	25:57	7:28	20	8:03	131	9:55	31.23	3:13:38	6:12	32		98	54:48
Runde	3.47	25:05	7:13	10	6:38	91	8:59	34.70	3:38:43	6:18	32		93	1:03:47
Runde	3.47	26:24	7:36	15	8:01	111	10:32	38.17	4:05:07	6:25	32		93	1:14:19
Runde	3.97	25:55	6:31	18	25:26	111	25:38	42.18	4:31:02	6:25	13	3:01:49	96	3:01:49