



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Förkel, Detlev**

Club: LC Auensee  
Number: 103

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:32:52

Speed: 9.24 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 107 (of 272)

Rank in course/Men: 99 (of 245)

Best time in course: 3:07:01

Rank in category: 23(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	16:22	4:42	5	1:50	24	2:36	3.47	16:22	4:42	50		107	
Runde	3.47	16:47	4:50	6	1:45	23	2:06	6.94	33:09	4:46	50		107	
Runde	3.47	17:22	5:00	6	1:53	25	2:25	10.41	50:31	4:51	50		107	
Runde	3.47	18:43	5:23	10	2:45	41	3:06	13.88	1:09:14	4:59	50		106	
Runde	3.47	19:11	5:31	10	2:29	42	3:36	17.35	1:28:25	5:05	50		105	
Runde	3.47	19:35	5:38	11	2:26	45	4:07	20.82	1:48:00	5:11	50		105	
Runde	3.47	21:51	6:17	21	3:52	74	6:18	24.29	2:09:51	5:20	50		105	
Runde	3.47	28:51	8:18	44	10:25	206	12:43	27.76	2:38:42	5:43	50		105	
Runde	3.47	27:17	7:51	36	8:06	157	11:15	31.23	3:05:59	5:57	50		104	47:09
Runde	3.47	30:50	8:53	42	11:24	197	14:44	34.70	3:36:49	6:14	48		99	1:01:53
Runde	3.47	28:14	8:08	34	8:48	151	12:22	38.17	4:05:03	6:25	48		99	1:14:15
Runde	3.97	27:49	7:00	35	9:50	147	27:32	42.18	4:32:52	6:28	24	57:58	102	3:03:39