



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Grond, Josef**

Club: SC Nordwalde  
Number: 125

Course: 42.18 km  
Marathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 4:34:32

Speed: 9.18 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 108 (of 272)

Rank in course/Men: 100 (of 245)

Best time in course: 3:07:01

Rank in category: 1(of 7)

Best time in the category: 4:34:32

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	19:31	5:37	1	-	97	5:45	3.47	19:31	5:37	1	-	108	
Runde	3.47	20:20	5:51	1	-	115	5:39	6.94	39:51	5:44	1	-	108	
Runde	3.47	20:52	6:00	1	-	120	5:55	10.41	1:00:43	5:49	1	-	108	
Runde	3.47	21:17	6:08	1	-	111	5:40	13.88	1:22:00	5:54	1	-	107	
Runde	3.47	21:27	6:10	1	-	107	5:52	17.35	1:43:27	5:57	1	-	106	7:11
Runde	3.47	22:34	6:30	1	-	121	7:06	20.82	2:06:01	6:03	1	-	106	8:21
Runde	3.47	24:00	6:54	1	-	131	8:27	24.29	2:30:01	6:10	1	-	106	9:46
Runde	3.47	24:30	7:03	1	-	123	8:22	27.76	2:54:31	6:17	1	-	106	9:51
Runde	3.47	25:05	7:13	1	-	112	9:03	31.23	3:19:36	6:23	1	-	105	1:00:46
Runde	3.47	25:45	7:25	1	-	115	9:39	34.70	3:45:21	6:29	1	-	100	1:10:25
Runde	3.47	25:00	7:12	1	-	76	9:08	38.17	4:10:21	6:33	1	-	100	1:19:33
Runde	3.97	24:11	6:05	1	-	74	23:54	42.18	4:34:32	6:30	1	-	103	3:05:19