



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Hein, Thomas

Club: FC Hitzhofen-Oberzell
Number: 159

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:36:42

Speed: 9.11 km/h
Running performance: 6:34 min/km

Rank in course/Total: 114 (of 272)

Rank in course/Men: 106 (of 245)

Best time in course: 3:07:01

Rank in category: 26(of 63)

Best time in the category: 3:35:43

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	17:54	5:09	15	2:04	54	4:08	3.47	17:54	5:09	58		113	
Runde	3.47	18:14	5:15	11	1:47	51	3:33	6.94	36:08	5:12	58		113	
Runde	3.47	20:21	5:51	24	3:24	94	5:24	10.41	56:29	5:25	58		113	
Runde	3.47	21:09	6:05	26	4:08	110	5:32	13.88	1:17:38	5:35	58		112	
Runde	3.47	22:51	6:35	40	5:36	151	7:16	17.35	1:40:29	5:47	58		111	4:13
Runde	3.47	24:13	6:58	44	6:24	162	8:45	20.82	2:04:42	5:59	58		111	7:02
Runde	3.47	25:48	7:26	45	7:37	171	10:15	24.29	2:30:30	6:11	58		111	10:15
Runde	3.47	25:09	7:14	34	6:42	138	9:01	27.76	2:55:39	6:19	58		111	10:59
Runde	3.47	26:18	7:34	35	7:43	138	10:16	31.23	3:21:57	6:27	58		110	1:03:07
Runde	3.47	25:06	7:14	22	5:37	92	9:00	34.70	3:47:03	6:32	58		105	1:12:07
Runde	3.47	25:09	7:14	15	5:42	82	9:17	38.17	4:12:12	6:36	58		105	1:21:24
Runde	3.97	24:30	6:10	15	6:31	83	24:13	42.18	4:36:42	6:33	26	1:00:59	109	3:07:29