



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

Hoffensitz, Henrik

Club: Tejn if  
Number: 176

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:45:47

Speed: 8.82 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 133 (of 272)

Rank in course/Men: 123 (of 245)

Best time in course: 3:07:01

Rank in category: 30(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	22:00	6:20	38	7:28	169	8:14	3.47	22:00	6:20	5	0:02	130	
Runde	3.47	21:46	6:16	33	6:44	152	7:05	6.94	43:46	6:18	5		130	
Runde	3.47	22:17	6:25	35	6:48	154	7:20	10.41	1:06:03	6:20	5		130	
Runde	3.47	22:10	6:23	32	6:12	143	6:33	13.88	1:28:13	6:21	5		129	
Runde	3.47	23:10	6:40	36	6:28	158	7:35	17.35	1:51:23	6:25	5		128	15:07
Runde	3.47	23:00	6:37	28	5:51	131	7:32	20.82	2:14:23	6:27	5		128	16:43
Runde	3.47	23:43	6:50	28	5:44	122	8:10	24.29	2:38:06	6:30	5		128	17:51
Runde	3.47	24:23	7:01	25	5:57	116	8:15	27.76	3:02:29	6:34	5		128	17:49
Runde	3.47	25:07	7:14	25	5:56	114	9:05	31.23	3:27:36	6:38	5		127	1:08:46
Runde	3.47	25:31	7:21	24	6:05	107	9:25	34.70	3:53:07	6:43	4		122	1:18:11
Runde	3.47	26:40	7:41	24	7:14	116	10:48	38.17	4:19:47	6:48	4		122	1:28:59
Runde	3.97	26:00	6:32	22	8:01	114	25:43	42.18	4:45:47	6:46	31	1:10:53	126	3:16:34