



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Rosolski, Jörn**

Club: Kelheimwinzer  
Number: 384

Course: 42.18 km  
Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:46:01

Speed: 8.81 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 136 (of 272)

Rank in course/Men: 126 (of 245)

Best time in course: 3:07:01

Rank in category: 31(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	24:04	6:56	50	8:14	202	10:18	3.47	24:04	6:56	63		117	1:38
Runde	3.47	22:13	6:24	46	5:46	164	7:32	6.94	46:17	6:40	21		117	
Runde	3.47	21:36	6:13	36	4:39	133	6:39	10.41	1:07:53	6:31	63		117	
Runde	3.47	22:16	6:25	39	5:15	146	6:39	13.88	1:30:09	6:29	63		132	
Runde	3.47	22:14	6:24	36	4:59	137	6:39	17.35	1:52:23	6:28	63		131	16:07
Runde	3.47	22:22	6:26	30	4:33	115	6:54	20.82	2:14:45	6:28	63		131	17:05
Runde	3.47	23:39	6:48	27	5:28	119	8:06	24.29	2:38:24	6:31	63		131	18:09
Runde	3.47	24:43	7:07	32	6:16	126	8:35	27.76	3:03:07	6:35	63		131	18:27
Runde	3.47	26:31	7:38	38	7:56	141	10:29	31.23	3:29:38	6:42	63		130	1:10:48
Runde	3.47	26:08	7:31	32	6:39	120	10:02	34.70	3:55:46	6:47	63		125	1:20:50
Runde	3.47	25:20	7:18	18	5:53	88	9:28	38.17	4:21:06	6:50	63		125	1:30:18
Runde	3.97	24:55	6:16	18	6:56	91	24:38	42.18	4:46:01	6:46	31	1:10:18	129	3:16:48