



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

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Club: Aalborg  
Number: 330

Course: 42.18 km  
Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:47:57

Speed: 8.75 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 142 (of 272)

Rank in course/Men: 132 (of 245)

Best time in course: 3:07:01

Rank in category: 34(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	20:40	5:57	35	4:50	127	6:54	3.47	20:40	5:57	3		139	
Runde	3.47	20:03	5:46	26	3:36	104	5:22	6.94	40:43	5:52	3		139	
Runde	3.47	21:00	6:03	33	4:03	123	6:03	10.41	1:01:43	5:55	3		139	
Runde	3.47	21:18	6:08	27	4:17	113	5:41	13.88	1:23:01	5:58	3		138	
Runde	3.47	22:25	6:27	37	5:10	140	6:50	17.35	1:45:26	6:04	3		137	9:10
Runde	3.47	22:51	6:35	34	5:02	128	7:23	20.82	2:08:17	6:09	3		137	10:37
Runde	3.47	24:26	7:02	38	6:15	148	8:53	24.29	2:32:43	6:17	3		137	12:28
Runde	3.47	25:13	7:16	36	6:46	141	9:05	27.76	2:57:56	6:24	3		137	13:16
Runde	3.47	25:51	7:26	31	7:16	125	9:49	31.23	3:23:47	6:31	3		136	1:04:57
Runde	3.47	26:37	7:40	33	7:08	131	10:31	34.70	3:50:24	6:38	3		131	1:15:28
Runde	3.47	27:57	8:03	35	8:30	142	12:05	38.17	4:18:21	6:46	3		131	1:27:33
Runde	3.97	29:36	7:27	41	11:37	174	29:19	42.18	4:47:57	6:49	34	1:12:14	135	3:18:44