



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Zachan, Michael

Club: Solinger LC
Number: 520

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:49:31

Speed: 8.70 km/h
Running performance: 6:52 min/km

Rank in course/Total: 143 (of 272)

Rank in course/Men: 133 (of 245)

Best time in course: 3:07:01

Rank in category: 7(of 19)

Best time in the category: 3:20:35

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	19:38	5:39	4	4:10	100	5:52	3.47	19:38	5:39	12		140	
Runde	3.47	20:41	5:57	4	4:53	120	6:00	6.94	40:19	5:48	12		140	
Runde	3.47	21:53	6:18	4	5:48	145	6:56	10.41	1:02:12	5:58	12		140	
Runde	3.47	22:30	6:29	6	6:06	153	6:53	13.88	1:24:42	6:06	12		139	
Runde	3.47	21:58	6:19	5	5:12	129	6:23	17.35	1:46:40	6:08	12		138	10:24
Runde	3.47	22:49	6:34	5	5:46	127	7:21	20.82	2:09:29	6:13	12		138	11:49
Runde	3.47	24:19	7:00	6	7:43	144	8:46	24.29	2:33:48	6:19	12		138	13:33
Runde	3.47	25:50	7:26	7	8:46	150	9:42	27.76	2:59:38	6:28	12		138	14:58
Runde	3.47	27:08	7:49	10	9:30	156	11:06	31.23	3:26:46	6:37	12		137	1:07:56
Runde	3.47	26:44	7:42	9	9:17	133	10:38	34.70	3:53:30	6:43	12		132	1:18:34
Runde	3.47	27:56	8:02	10	10:51	141	12:04	38.17	4:21:26	6:50	12		132	1:30:38
Runde	3.97	28:05	7:04	10	27:48	149	27:48	42.18	4:49:31	6:51	7	1:28:56	136	3:20:18