



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Oelenberg, Matthias

Total time: 4:51:42

Number: 336

Speed: 8.64 km/h

Running performance: 6:55 min/km

Course: 42.18 km
Marathon

Rank in course/Total: 149 (of 272)

Rank in course/Men: 139 (of 245)

Best time in course: 3:07:01

Category:

Rank in category: 32(of 51)

Senioren M45 (45-49 Jahre)

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	19:30	5:37	22	4:58	96	5:44	3.47	19:30	5:37	7		146	
Runde	3.47	21:08	6:05	29	6:06	135	6:27	6.94	40:38	5:51	7		146	
Runde	3.47	28:52	8:19	51	13:23	243	13:55	10.41	1:09:30	6:40	7	1:22	146	
Runde	3.47	24:56	7:11	44	8:58	208	9:19	13.88	1:34:26	6:48	7	2:23	145	
Runde	3.47	23:04	6:38	34	6:22	155	7:29	17.35	1:57:30	6:46	7	1:30	144	21:14
Runde	3.47	26:33	7:39	46	9:24	212	11:05	20.82	2:24:03	6:55	7	3:10	144	26:23
Runde	3.47	24:04	6:56	32	6:05	136	8:31	24.29	2:48:07	6:55	7	1:25	144	27:52
Runde	3.47	24:23	7:01	25	5:57	116	8:15	27.76	3:12:30	6:56	7		144	27:50
Runde	3.47	24:20	7:00	22	5:09	95	8:18	31.23	3:36:50	6:56	7		143	1:18:00
Runde	3.47	24:12	6:58	19	4:46	79	8:06	34.70	4:01:02	6:56	6		138	1:26:06
Runde	3.47	26:10	7:32	22	6:44	108	10:18	38.17	4:27:12	7:00	6		138	1:36:24
Runde	3.97	24:30	6:10	16	6:31	83	24:13	42.18	4:51:42	6:54	33	1:16:48	142	3:22:29