



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Thesing, Maik**

Club: Deutsche Post DHL  
Number: 467

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:51:55

Speed: 8.63 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 151 (of 272)

Rank in course/Men: 141 (of 245)

Best time in course: 3:07:01

Rank in category: 33(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	24:33	7:04	47	10:01	212	10:47	3.47	24:33	7:04	8	2:35	148	2:07
Runde	3.47	23:01	6:37	42	7:59	188	8:20	6.94	47:34	6:51	8	3:01	148	
Runde	3.47	22:25	6:27	36	6:56	155	7:28	10.41	1:09:59	6:43	8	1:51	148	
Runde	3.47	22:24	6:27	33	6:26	150	6:47	13.88	1:32:23	6:39	8	0:20	147	
Runde	3.47	22:36	6:30	31	5:54	146	7:01	17.35	1:54:59	6:37	8		146	18:43
Runde	3.47	23:05	6:39	29	5:56	133	7:37	20.82	2:18:04	6:37	8		146	20:24
Runde	3.47	23:55	6:53	30	5:56	128	8:22	24.29	2:41:59	6:40	8		123	21:44
Runde	3.47	23:57	6:54	22	5:31	107	7:49	27.76	3:05:56	6:41	8		146	21:16
Runde	3.47	24:42	7:07	23	5:31	102	8:40	31.23	3:30:38	6:44	8		145	1:11:48
Runde	3.47	25:34	7:22	25	6:08	108	9:28	34.70	3:56:12	6:48	7		140	1:21:16
Runde	3.47	28:02	8:04	31	8:36	143	12:10	38.17	4:24:14	6:55	7		140	1:33:26
Runde	3.97	27:41	6:58	33	9:42	144	27:24	42.18	4:51:55	6:55	34	1:17:01	144	3:22:42