



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Gräfe, Frank

Club: Schwimm Team Nellingen
Number: 130

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 4:52:05

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

Rank in course/Total: 153 (of 272)

Rank in course/Men: 143 (of 245)

Best time in course: 3:07:01

Rank in category: 12(of 20)

Best time in the category: 3:07:01

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	20:35	5:55	16	6:18	123	6:49	3.47	20:35	5:55	7	1:08	143	
Runde	3.47	19:26	5:36	11	4:25	84	4:45	6.94	40:01	5:45	7	2:29	150	
Runde	3.47	20:12	5:49	11	5:15	91	5:15	10.41	1:00:13	5:47	7	4:15	150	
Runde	3.47	21:17	6:08	15	5:40	111	5:40	13.88	1:21:30	5:52	7	6:45	149	
Runde	3.47	24:32	7:04	18	8:57	181	8:57	17.35	1:46:02	6:06	7	12:06	148	9:46
Runde	3.47	25:58	7:28	18	10:30	200	10:30	20.82	2:12:00	6:20	7	18:46	148	14:20
Runde	3.47	26:18	7:34	17	10:45	181	10:45	24.29	2:38:18	6:31	7	24:34	148	18:03
Runde	3.47	27:16	7:51	18	11:08	183	11:08	27.76	3:05:34	6:41	7	30:56	148	20:54
Runde	3.47	27:22	7:53	14	11:20	159	11:20	31.23	3:32:56	6:49	7	16:49	147	1:14:06
Runde	3.47	27:00	7:46	11	10:54	137	10:54	34.70	3:59:56	6:54	7	20:25	142	1:25:00
Runde	3.47	25:42	7:24	10	9:50	98	9:50	38.17	4:25:38	6:57	7	20:47	142	1:34:50
Runde	3.97	26:27	6:39	10	10:14	124	26:10	42.18	4:52:05	6:55	13	1:45:04	146	3:22:52