



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Weidemeyer, Frank

Club: TKD Schule Salzwedel
Number: 497

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:53:37

Speed: 8.58 km/h
Running performance: 6:58 min/km

Rank in course/Total: 156 (of 272)

Rank in course/Men: 146 (of 245)

Best time in course: 3:07:01

Rank in category: 38(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	25:44	7:24	60	9:54	230	11:58	3.47	25:44	7:24	7		153	3:18
Runde	3.47	22:22	6:26	47	5:55	168	7:41	6.94	48:06	6:55	7		153	
Runde	3.47	22:01	6:20	41	5:04	148	7:04	10.41	1:10:07	6:44	7		128	
Runde	3.47	21:57	6:19	36	4:56	133	6:20	13.88	1:32:04	6:37	7		101	
Runde	3.47	21:48	6:16	29	4:33	120	6:13	17.35	1:53:52	6:33	7		126	17:36
Runde	3.47	22:37	6:31	33	4:48	124	7:09	20.82	2:16:29	6:33	7		151	18:49
Runde	3.47	24:06	6:56	35	5:55	137	8:33	24.29	2:40:35	6:36	7		151	20:20
Runde	3.47	25:38	7:23	39	7:11	145	9:30	27.76	3:06:13	6:42	7		127	21:33
Runde	3.47	26:28	7:37	36	7:53	139	10:26	31.23	3:32:41	6:48	7		150	1:13:51
Runde	3.47	27:17	7:51	34	7:48	140	11:11	34.70	3:59:58	6:54	7		145	1:25:02
Runde	3.47	27:20	7:52	32	7:53	130	11:28	38.17	4:27:18	7:00	7		145	1:36:30
Runde	3.97	26:19	6:37	28	8:20	120	26:02	42.18	4:53:37	6:57	38	1:17:54	149	3:24:24