



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Gebes, Norbert

Club: Co Willi Co
Number: 108

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:54:18

Speed: 8.56 km/h
Running performance: 6:59 min/km

Rank in course/Total: 158 (of 272)

Rank in course/Men: 148 (of 245)

Best time in course: 3:07:01

Rank in category: 8(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	21:34	6:12	7	6:06	152	7:48	3.47	21:34	6:12	1	-	154	
Runde	3.47	22:25	6:27	8	6:37	172	7:44	6.94	43:59	6:20	1	-	154	
Runde	3.47	22:31	6:29	8	6:26	161	7:34	10.41	1:06:30	6:23	1	-	154	
Runde	3.47	47:39	13:43	19	31:15	244	32:02	13.88	1:54:09	8:13	1	-	153	19:11
Runde	3.47	25:09	7:14	10	8:23	196	9:34	17.35	2:19:18	8:01	1	-	152	43:02
Runde	3.47	25:48	7:26	12	8:45	194	10:20	20.82	2:45:06	7:55	1	-	152	47:26
Runde	3.47	25:31	7:21	7	8:55	165	9:58	24.29	3:10:37	7:50	1	-	152	50:22
Runde	3.47	26:18	7:34	9	9:14	162	10:10	27.76	3:36:55	7:48	1	-	152	52:15
Runde	3.47	26:01	7:29	6	8:23	132	9:59	31.23	4:02:56	7:46	1	-	151	1:44:06
Runde	3.47	26:00	7:29	6	8:33	119	9:54	34.70	4:28:56	7:45	11	7:38	146	1:54:00
Runde	3.47	25:05	7:13	6	8:00	80	9:13	38.17	4:54:01	7:42	11	7:23	146	2:03:13
Runde	3.97	0:17	0:04	1	-	1	-	42.18	4:54:18	6:58	8	1:33:43	151	3:25:05