



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

schramhauser, mark

Club: nix verein

Number: 416

Course: 42.18 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 5:03:22

Speed: 8.31 km/h

Running performance: 7:11 min/km

Rank in course/Total: 172 (of 272)

Rank in course/Men: 159 (of 245)

Best time in course: 3:07:01

Rank in category: 43(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	20:25	5:53	31	4:35	118	6:39	3.47	20:25	5:53	12		91	
Runde	3.47	19:30	5:37	23	3:03	87	4:49	6.94	39:55	5:45	12		168	
Runde	3.47	19:25	5:35	15	2:28	71	4:28	10.41	59:20	5:41	12		168	
Runde	3.47	20:18	5:51	20	3:17	85	4:41	13.88	1:19:38	5:44	12		167	
Runde	3.47	21:04	6:04	22	3:49	92	5:29	17.35	1:40:42	5:48	12		166	4:26
Runde	3.47	21:33	6:12	21	3:44	89	6:05	20.82	2:02:15	5:52	12		166	4:35
Runde	3.47	24:03	6:55	34	5:52	135	8:30	24.29	2:26:18	6:01	12		166	6:03
Runde	3.47	25:11	7:15	35	6:44	139	9:03	27.76	2:51:29	6:10	12		166	6:49
Runde	3.47	29:55	8:37	58	11:20	206	13:53	31.23	3:21:24	6:26	12		165	1:02:34
Runde	3.47	31:07	8:58	53	11:38	200	15:01	34.70	3:52:31	6:42	12		160	1:17:35
Runde	3.47	34:30	9:56	57	15:03	219	18:38	38.17	4:27:01	6:59	12		160	1:36:13
Runde	3.97	36:21	9:09	62	18:22	230	36:04	42.18	5:03:22	7:11	43	1:27:39	162	3:34:09