



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Dölle, Steffen

Club: Dessau-Roßlau
Number: 75

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 5:04:08

Speed: 8.29 km/h
Running performance: 7:13 min/km

Rank in course/Total: 175 (of 272)

Rank in course/Men: 161 (of 245)

Best time in course: 3:07:01

Rank in category: 37(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	21:26	6:10	34	6:54	147	7:40	3.47	21:26	6:10	13		169	
Runde	3.47	21:48	6:16	34	6:46	154	7:07	6.94	43:14	6:13	13		132	
Runde	3.47	21:14	6:07	29	5:45	125	6:17	10.41	1:04:28	6:11	13		169	
Runde	3.47	21:52	6:18	29	5:54	130	6:15	13.88	1:26:20	6:13	13		168	
Runde	3.47	21:56	6:19	29	5:14	127	6:21	17.35	1:48:16	6:14	13		167	12:00
Runde	3.47	23:13	6:41	30	6:04	135	7:45	20.82	2:11:29	6:18	13		167	13:49
Runde	3.47	24:06	6:56	33	6:07	137	8:33	24.29	2:35:35	6:24	13		167	15:20
Runde	3.47	26:02	7:30	36	7:36	152	9:54	27.76	3:01:37	6:32	13		167	16:57
Runde	3.47	29:11	8:24	44	10:00	191	13:09	31.23	3:30:48	6:44	13		166	1:11:58
Runde	3.47	30:52	8:53	43	11:26	199	14:46	34.70	4:01:40	6:57	12		161	1:26:44
Runde	3.47	30:57	8:55	43	11:31	192	15:05	38.17	4:32:37	7:08	12		161	1:41:49
Runde	3.97	31:31	7:56	43	13:32	202	31:14	42.18	5:04:08	7:12	38	1:29:14	164	3:34:55