



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Welnitz, Oliver

Club: Groß Denkte
Number: 501

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:04:23

Speed: 8.28 km/h
Running performance: 7:13 min/km

Rank in course/Total: 176 (of 272)

Rank in course/Men: 162 (of 245)

Best time in course: 3:07:01

Rank in category: 44(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	25:41	7:24	58	9:51	224	11:55	3.47	25:41	7:24	13		164	3:15
Runde	3.47	23:27	6:45	53	7:00	198	8:46	6.94	49:08	7:04	13		164	
Runde	3.47	23:52	6:52	51	6:55	191	8:55	10.41	1:13:00	7:00	13		164	
Runde	3.47	23:44	6:50	49	6:43	182	8:07	13.88	1:36:44	6:58	13		169	1:46
Runde	3.47	23:34	6:47	44	6:19	164	7:59	17.35	2:00:18	6:56	13		162	24:02
Runde	3.47	24:02	6:55	43	6:13	159	8:34	20.82	2:24:20	6:55	13		162	26:40
Runde	3.47	37:39	10:51	63	19:28	243	22:06	24.29	3:01:59	7:29	13	11:47	168	41:44
Runde	3.47	24:21	7:01	30	5:54	114	8:13	27.76	3:26:20	7:25	13	9:23	168	41:40
Runde	3.47	24:16	6:59	20	5:41	92	8:14	31.23	3:50:36	7:23	13	7:34	167	1:31:46
Runde	3.47	24:22	7:01	19	4:53	83	8:16	34.70	4:14:58	7:20	13	3:52	162	1:40:02
Runde	3.47	25:01	7:12	14	5:34	77	9:09	38.17	4:39:59	7:20	13	0:01	162	1:49:11
Runde	3.97	24:24	6:08	14	6:25	81	24:07	42.18	5:04:23	7:12	44	1:28:40	165	3:35:10