



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Schenke, Holgert

Club: LC Blue Liner
Number: 397

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:05:57

Speed: 8.24 km/h
Running performance: 7:15 min/km

Rank in course/Total: 181 (of 272)

Rank in course/Men: 166 (of 245)

Best time in course: 3:07:01

Rank in category: 46(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	22:07	6:22	44	6:17	171	8:21	3.47	22:07	6:22	15		174	
Runde	3.47	21:27	6:10	41	5:00	143	6:46	6.94	43:34	6:16	15		174	
Runde	3.47	21:29	6:11	35	4:32	130	6:32	10.41	1:05:03	6:14	15		174	
Runde	3.47	21:59	6:20	37	4:58	136	6:22	13.88	1:27:02	6:16	15		156	
Runde	3.47	21:31	6:12	27	4:16	110	5:56	17.35	1:48:33	6:15	15		172	12:17
Runde	3.47	23:29	6:46	37	5:40	146	8:01	20.82	2:12:02	6:20	15		172	14:22
Runde	3.47	24:56	7:11	41	6:45	158	9:23	24.29	2:36:58	6:27	15		172	16:43
Runde	3.47	26:32	7:38	46	8:05	166	10:24	27.76	3:03:30	6:36	15		172	18:50
Runde	3.47	28:58	8:20	51	10:23	188	12:56	31.23	3:32:28	6:48	15		171	1:13:38
Runde	3.47	30:11	8:41	49	10:42	186	14:05	34.70	4:02:39	6:59	15		166	1:27:43
Runde	3.47	29:57	8:37	45	10:30	179	14:05	38.17	4:32:36	7:08	15		166	1:41:48
Runde	3.97	33:21	8:24	55	15:22	215	33:04	42.18	5:05:57	7:15	46	1:30:14	169	3:36:44