



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Kraske, Andree

Club: Halle
Number: 256

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 5:07:01

Speed: 8.21 km/h
Running performance: 7:17 min/km

Rank in course/Total: 184 (of 272)

Rank in course/Men: 169 (of 245)

Best time in course: 3:07:01

Rank in category: 39(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	20:20	5:51	25	5:48	116	6:34	3.47	20:20	5:51	15		177	
Runde	3.47	22:28	6:28	39	7:26	175	7:47	6.94	42:48	6:10	15		177	
Runde	3.47	25:10	7:15	47	9:41	223	10:13	10.41	1:07:58	6:31	15		177	
Runde	3.47	24:30	7:03	42	8:32	198	8:53	13.88	1:32:28	6:39	15	0:25	176	
Runde	3.47	24:37	7:05	42	7:55	183	9:02	17.35	1:57:05	6:44	15	1:05	132	20:49
Runde	3.47	25:31	7:21	42	8:22	187	10:03	20.82	2:22:36	6:50	15	1:43	175	24:56
Runde	3.47	25:55	7:28	42	7:56	177	10:22	24.29	2:48:31	6:56	15	1:49	175	28:16
Runde	3.47	27:40	7:58	42	9:14	190	11:32	27.76	3:16:11	7:04	15	2:31	175	31:31
Runde	3.47	28:48	8:17	42	9:37	183	12:46	31.23	3:44:59	7:12	15	3:42	174	1:26:09
Runde	3.47	27:59	8:03	33	8:33	149	11:53	34.70	4:12:58	7:17	1	-	169	1:38:02
Runde	3.47	27:47	8:00	29	8:21	137	11:55	38.17	4:40:45	7:21	1	-	169	1:49:57
Runde	3.97	26:16	6:36	23	8:17	119	25:59	42.18	5:07:01	7:16	40	1:32:07	172	3:37:48