



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Jesse, Roland

Club: Señor Rolando
Number: 213

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:07:41

Speed: 8.19 km/h
Running performance: 7:17 min/km

Rank in course/Total: 185 (of 272)

Rank in course/Men: 170 (of 245)

Best time in course: 3:07:01

Rank in category: 47(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	22:09	6:22	45	6:19	173	8:23	3.47	22:09	6:22	16		178	
Runde	3.47	22:25	6:27	48	5:58	172	7:44	6.94	44:34	6:25	16		178	
Runde	3.47	23:20	6:43	48	6:23	179	8:23	10.41	1:07:54	6:31	16		129	
Runde	3.47	23:42	6:49	48	6:41	178	8:05	13.88	1:31:36	6:35	16		177	
Runde	3.47	24:56	7:11	50	7:41	190	9:21	17.35	1:56:32	6:42	16		176	20:16
Runde	3.47	25:06	7:14	48	7:17	179	9:38	20.82	2:21:38	6:48	16		176	23:58
Runde	3.47	25:33	7:21	44	7:22	167	10:00	24.29	2:47:11	6:52	16		176	26:56
Runde	3.47	26:20	7:35	45	7:53	163	10:12	27.76	3:13:31	6:58	16		176	28:51
Runde	3.47	26:55	7:45	40	8:20	149	10:53	31.23	3:40:26	7:03	16		175	1:21:36
Runde	3.47	28:21	8:10	41	8:52	158	12:15	34.70	4:08:47	7:10	16		170	1:33:51
Runde	3.47	28:49	8:18	39	9:22	162	12:57	38.17	4:37:36	7:16	16		170	1:46:48
Runde	3.97	30:05	7:34	43	12:06	181	29:48	42.18	5:07:41	7:17	47	1:31:58	173	3:38:28