



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Abke, Reinhard

Club: Münster
Number: 1

Course: 21.34 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:59:59

Speed: 10.50 km/h
Running performance: 5:37 min/km

Rank in course/Total: 32 (of 201)

Rank in course/Men: 28 (of 167)

Best time in course: 1:32:52

Rank in category: 2(of 21)

Best time in the category: 1:54:56

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	17:31	5:02	1	-	20	3:11	3.47	17:31	5:02	20		32	
Runde	3.47	18:15	5:15	1	-	19	3:26	6.94	35:46	5:09	20		31	6:08
Runde	3.47	19:04	5:29	2	0:06	20	5:24	10.41	54:50	5:16	20		31	9:39
Runde	3.47	21:12	6:06	4	2:16	36	5:25	13.88	1:16:02	5:28	20		30	15:04
Runde	3.47	21:46	6:16	3	2:32	37	5:45	17.35	1:37:48	5:38	20		29	20:49
Runde	3.97	22:11	5:35	4	2:09	34	21:35	21.34	1:59:59	5:37	3	1:12:32	29	1:12:32