



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Porstner, Crispin

Club: Bremen
Number: 358

Course: 42.18 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 5:08:23

Speed: 8.17 km/h
Running performance: 7:19 min/km

Rank in course/Total: 189 (of 272)

Rank in course/Men: 173 (of 245)

Best time in course: 3:07:01

Rank in category: 16(of 20)

Best time in the category: 3:07:01

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	19:32	5:37	12	5:15	98	5:46	3.47	19:32	5:37	3	0:05	179	
Runde	3.47	20:02	5:46	13	5:01	103	5:21	6.94	39:34	5:42	3	2:02	179	
Runde	3.47	20:46	5:59	15	5:49	115	5:49	10.41	1:00:20	5:47	3	4:22	179	
Runde	3.47	20:56	6:01	14	5:19	103	5:19	13.88	1:21:16	5:51	3	6:31	90	
Runde	3.47	21:20	6:08	14	5:45	102	5:45	17.35	1:42:36	5:54	3	8:40	177	6:20
Runde	3.47	23:30	6:46	15	8:02	147	8:02	20.82	2:06:06	6:03	3	12:52	177	8:26
Runde	3.47	28:09	8:06	18	12:36	211	12:36	24.29	2:34:15	6:21	3	20:31	177	14:00
Runde	3.47	25:55	7:28	14	9:47	151	9:47	27.76	3:00:10	6:29	3	25:32	177	15:30
Runde	3.47	36:07	10:24	18	20:05	237	20:05	31.23	3:36:17	6:55	3	20:10	176	1:17:27
Runde	3.47	32:00	9:13	15	15:54	208	15:54	34.70	4:08:17	7:09	3	28:46	171	1:33:21
Runde	3.47	29:38	8:32	16	13:46	175	13:46	38.17	4:37:55	7:16	3	33:04	171	1:47:07
Runde	3.97	30:28	7:40	16	14:15	189	30:11	42.18	5:08:23	7:18	17	2:01:22	176	3:39:10