



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Koch, Heico

Club: TRADEMACHINES.COM
Number: 251

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:11:21

Speed: 8.09 km/h
Running performance: 7:23 min/km

Rank in course/Total: 195 (of 272)

Rank in course/Men: 178 (of 245)

Best time in course: 3:07:01

Rank in category: 50(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	21:49	6:17	41	5:59	160	8:03	3.47	21:49	6:17	19		67	
Runde	3.47	22:47	6:33	51	6:20	183	8:06	6.94	44:36	6:25	19		186	
Runde	3.47	23:55	6:53	52	6:58	195	8:58	10.41	1:08:31	6:34	19		186	
Runde	3.47	24:03	6:55	53	7:02	190	8:26	13.88	1:32:34	6:40	19		185	
Runde	3.47	25:32	7:21	55	8:17	209	9:57	17.35	1:58:06	6:48	19		185	21:50
Runde	3.47	26:49	7:43	60	9:00	220	11:21	20.82	2:24:55	6:57	19		185	27:15
Runde	3.47	26:11	7:32	48	8:00	180	10:38	24.29	2:51:06	7:02	19	0:54	185	30:51
Runde	3.47	26:09	7:32	43	7:42	155	10:01	27.76	3:17:15	7:06	19	0:18	185	32:35
Runde	3.47	27:32	7:56	42	8:57	160	11:30	31.23	3:44:47	7:11	19	1:45	184	1:25:57
Runde	3.47	28:08	8:06	40	8:39	154	12:02	34.70	4:12:55	7:17	19	1:49	178	1:37:59
Runde	3.47	28:51	8:18	40	9:24	163	12:59	38.17	4:41:46	7:22	19	1:48	178	1:50:58
Runde	3.97	29:35	7:27	40	11:36	172	29:18	42.18	5:11:21	7:22	50	1:35:38	181	3:42:08