



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Rau, Ulf

Club: Triathlon SC Riederau
Number: 364

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 5:19:55

Speed: 7.88 km/h
Running performance: 7:35 min/km

Rank in course/Total: 212 (of 272)

Rank in course/Men: 194 (of 245)

Best time in course: 3:07:01

Rank in category: 30(of 40)

Best time in the category: 3:22:57

| 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 | 24:02 | 6:55 | 33 | 9:25 | 201 | 10:16 | 3.47 | 24:02 | 6:55 | 1 | - | 202 | 1:36 |
| Runde | 3.47 | 22:55 | 6:36 | 27 | 7:47 | 186 | 8:14 | 6.94 | 46:57 | 6:45 | 1 | - | 202 | |
| Runde | 3.47 | 23:23 | 6:44 | 27 | 7:38 | 181 | 8:26 | 10.41 | 1:10:20 | 6:45 | 1 | - | 202 | |
| Runde | 3.47 | 23:36 | 6:48 | 26 | 7:23 | 176 | 7:59 | 13.88 | 1:33:56 | 6:46 | 1 | - | 201 | |
| Runde | 3.47 | 24:02 | 6:55 | 27 | 7:30 | 173 | 8:27 | 17.35 | 1:57:58 | 6:47 | 1 | - | 200 | 21:42 |
| Runde | 3.47 | 26:10 | 7:32 | 31 | 9:02 | 205 | 10:42 | 20.82 | 2:24:08 | 6:55 | 1 | - | 200 | 26:28 |
| Runde | 3.47 | 26:53 | 7:44 | 27 | 9:25 | 191 | 11:20 | 24.29 | 2:51:01 | 7:02 | 1 | - | 200 | 30:46 |
| Runde | 3.47 | 28:00 | 8:04 | 25 | 10:34 | 196 | 11:52 | 27.76 | 3:19:01 | 7:10 | 1 | - | 200 | 34:21 |
| Runde | 3.47 | 30:10 | 8:41 | 29 | 12:16 | 208 | 14:08 | 31.23 | 3:49:11 | 7:20 | 1 | - | 199 | 1:30:21 |
| Runde | 3.47 | 30:27 | 8:46 | 29 | 12:00 | 192 | 14:21 | 34.70 | 4:19:38 | 7:28 | 1 | - | 194 | 1:44:42 |
| Runde | 3.47 | 30:00 | 8:38 | 25 | 11:37 | 181 | 14:08 | 38.17 | 4:49:38 | 7:35 | 1 | - | 194 | 1:58:50 |
| Runde | 3.97 | 30:17 | 7:37 | 31 | 29:48 | 186 | 30:00 | 42.18 | 5:19:55 | 7:35 | 31 | 3:50:42 | 197 | 3:50:42 |