



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Birch, Sean**

Club: 100 marathon club  
Number: 41

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 5:23:11

Speed: 7.80 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 215 (of 272)

Rank in course/Men: 197 (of 245)

Best time in course: 3:07:01

Rank in category: 43(of 51)

Best time in the category: 3:34:54

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	21:57	6:19	36	7:25	167	8:11	3.47	21:57	6:19	19		205	
Runde	3.47	21:28	6:11	31	6:26	144	6:47	6.94	43:25	6:15	19		205	
Runde	3.47	21:23	6:09	30	5:54	127	6:26	10.41	1:04:48	6:13	19		205	
Runde	3.47	22:07	6:22	31	6:09	142	6:30	13.88	1:26:55	6:15	19		204	
Runde	3.47	24:01	6:55	39	7:19	171	8:26	17.35	1:50:56	6:23	19		203	14:40
Runde	3.47	26:21	7:35	44	9:12	207	10:53	20.82	2:17:17	6:35	19		203	19:37
Runde	3.47	27:54	8:02	45	9:55	208	12:21	24.29	2:45:11	6:48	19		203	24:56
Runde	3.47	30:44	8:51	47	12:18	223	14:36	27.76	3:15:55	7:03	19	2:15	203	31:15
Runde	3.47	32:10	9:16	47	12:59	224	16:08	31.23	3:48:05	7:18	19	6:48	202	1:29:15
Runde	3.47	35:05	10:06	47	15:39	227	18:59	34.70	4:23:10	7:35	18	10:12	197	1:48:14
Runde	3.47	30:21	8:44	41	10:55	187	14:29	38.17	4:53:31	7:41	18	12:46	197	2:02:43
Runde	3.97	29:40	7:28	38	11:41	175	29:23	42.18	5:23:11	7:39	44	1:48:17	200	3:53:58