



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Pyrrek, Christian

Club: RSC Lüneburg e.V.
Number: 360

Course: 21.34 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:02:20

Speed: 10.30 km/h
Running performance: 5:44 min/km

Rank in course/Total: 36 (of 201)

Rank in course/Men: 31 (of 167)

Best time in course: 1:32:52

Rank in category: 3(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	17:46	5:07	2	0:15	23	3:26	3.47	17:46	5:07	19		34	
Runde	3.47	19:54	5:44	4	1:39	37	5:05	6.94	37:40	5:25	19		33	8:02
Runde	3.47	21:00	6:03	4	2:02	41	7:20	10.41	58:40	5:38	19		33	13:29
Runde	3.47	20:51	6:00	3	1:55	32	5:04	13.88	1:19:31	5:43	19		32	18:33
Runde	3.47	21:08	6:05	2	1:54	30	5:07	17.35	1:40:39	5:48	19		31	23:40
Runde	3.97	21:41	5:27	3	1:39	33	21:05	21.34	2:02:20	5:43	4	1:14:53	32	1:14:53