



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Groth, Michael

Club: Team Laufrausch e.V.
Number: 126

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:23:34

Speed: 7.79 km/h
Running performance: 7:40 min/km

Rank in course/Total: 219 (of 272)

Rank in course/Men: 200 (of 245)

Best time in course: 3:07:01

Rank in category: 54(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	24:08	6:57	51	8:18	204	10:22	3.47	24:08	6:57	23		209	1:42
Runde	3.47	24:18	7:00	57	7:51	215	9:37	6.94	48:26	6:58	23		209	
Runde	3.47	24:44	7:07	59	7:47	217	9:47	10.41	1:13:10	7:01	23		210	
Runde	3.47	26:21	7:35	61	9:20	225	10:44	13.88	1:39:31	7:10	23	1:25	208	4:33
Runde	3.47	25:30	7:20	54	8:15	206	9:55	17.35	2:05:01	7:12	23	3:05	207	28:45
Runde	3.47	26:23	7:36	57	8:34	208	10:55	20.82	2:31:24	7:16	23	5:47	207	33:44
Runde	3.47	28:26	8:11	59	10:15	215	12:53	24.29	2:59:50	7:24	23	9:38	207	39:35
Runde	3.47	27:18	7:52	51	8:51	184	11:10	27.76	3:27:08	7:27	23	10:11	207	42:28
Runde	3.47	29:03	8:22	52	10:28	189	13:01	31.23	3:56:11	7:33	23	13:09	206	1:37:21
Runde	3.47	31:18	9:01	54	11:49	201	15:12	34.70	4:27:29	7:42	23	16:23	201	1:52:33
Runde	3.47	28:23	8:10	37	8:56	155	12:31	38.17	4:55:52	7:45	23	15:54	202	2:05:04
Runde	3.97	27:42	6:58	34	9:43	146	27:25	42.18	5:23:34	7:40	54	1:47:51	203	3:54:21