



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Alnebring, Robert

Club: Team Stockholm Marathon
Number: 5

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 5:24:32

Speed: 7.76 km/h
Running performance: 7:41 min/km

Rank in course/Total: 222 (of 272)

Rank in course/Men: 204 (of 245)

Best time in course: 3:07:01

Rank in category: 13(of 19)

Best time in the category: 3:20:35

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	21:24	6:10	6	5:56	145	7:38	3.47	21:24	6:10	6		212	
Runde	3.47	22:52	6:35	10	7:04	185	8:11	6.94	44:16	6:22	6	0:17	212	
Runde	3.47	22:52	6:35	9	6:47	170	7:55	10.41	1:07:08	6:26	6	0:38	212	
Runde	3.47	24:51	7:09	11	8:27	204	9:14	13.88	1:31:59	6:37	6		211	
Runde	3.47	24:38	7:05	8	7:52	184	9:03	17.35	1:56:37	6:43	6		210	20:21
Runde	3.47	25:42	7:24	11	8:39	192	10:14	20.82	2:22:19	6:50	6		210	24:39
Runde	3.47	26:36	7:39	12	10:00	188	11:03	24.29	2:48:55	6:57	6		210	28:40
Runde	3.47	26:45	7:42	11	9:41	169	10:37	27.76	3:15:40	7:02	6		210	31:00
Runde	3.47	29:16	8:26	12	11:38	193	13:14	31.23	3:44:56	7:12	6		209	1:26:06
Runde	3.47	29:11	8:24	11	11:44	170	13:05	34.70	4:14:07	7:19	6		204	1:39:11
Runde	3.47	31:11	8:59	13	14:06	197	15:19	38.17	4:45:18	7:28	6		204	1:54:30
Runde	3.97	39:14	9:52	17	38:57	235	38:57	42.18	5:24:32	7:41	13	2:03:57	207	3:55:19