



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Gies, Stefan

Club: Wiesbaden-Delkenheim
Number: 120

Course: 42.18 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 5:25:15

Speed: 7.75 km/h
Running performance: 7:43 min/km

Rank in course/Total: 223 (of 272)

Rank in course/Men: 205 (of 245)

Best time in course: 3:07:01

Rank in category: 32(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	21:22	6:09	21	6:45	143	7:36	3.47	21:22	6:09	13		213	
Runde	3.47	22:39	6:31	26	7:31	179	7:58	6.94	44:01	6:20	13		213	
Runde	3.47	22:30	6:29	25	6:45	160	7:33	10.41	1:06:31	6:23	13		213	
Runde	3.47	24:39	7:06	31	8:26	202	9:02	13.88	1:31:10	6:34	13		212	
Runde	3.47	25:24	7:19	32	8:52	202	9:49	17.35	1:56:34	6:43	13		211	20:18
Runde	3.47	26:58	7:46	33	9:50	222	11:30	20.82	2:23:32	6:53	13		211	25:52
Runde	3.47	28:42	8:16	31	11:14	218	13:09	24.29	2:52:14	7:05	13	1:13	211	31:59
Runde	3.47	30:36	8:49	33	13:10	222	14:28	27.76	3:22:50	7:18	13	3:49	211	38:10
Runde	3.47	31:30	9:04	32	13:36	218	15:28	31.23	3:54:20	7:30	13	5:09	210	1:35:30
Runde	3.47	30:31	8:47	30	12:04	193	14:25	34.70	4:24:51	7:37	13	5:13	205	1:49:55
Runde	3.47	30:20	8:44	27	11:57	186	14:28	38.17	4:55:11	7:44	13	5:33	205	2:04:23
Runde	3.97	30:04	7:34	30	29:35	179	29:47	42.18	5:25:15	7:42	33	3:56:02	208	3:56:02