



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Nollau, Sebastian

Club: Köln
Number: 333

Course: 42.18 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 5:31:31

Speed: 7.60 km/h
Running performance: 7:52 min/km

Rank in course/Total: 227 (of 272)

Rank in course/Men: 208 (of 245)

Best time in course: 3:07:01

Rank in category: 17(of 18)

Best time in the category: 3:19:56

| 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 | 27:07 | 7:48 | 17 | 11:50 | 240 | 13:21 | 3.47 | 27:07 | 7:48 | 2 | 10:19 | 211 | 4:41 |
| Runde | 3.47 | 25:26 | 7:19 | 18 | 10:10 | 232 | 10:45 | 6.94 | 52:33 | 7:34 | 2 | 17:25 | 217 | 2:16 |
| Runde | 3.47 | 26:17 | 7:34 | 17 | 10:24 | 233 | 11:20 | 10.41 | 1:18:50 | 7:34 | 2 | 25:12 | 217 | |
| Runde | 3.47 | 26:43 | 7:41 | 17 | 10:40 | 233 | 11:06 | 13.88 | 1:45:33 | 7:36 | 2 | 32:31 | 210 | 10:35 |
| Runde | 3.47 | 26:46 | 7:42 | 18 | 10:42 | 225 | 11:11 | 17.35 | 2:12:19 | 7:37 | 2 | 39:11 | 215 | 36:03 |
| Runde | 3.47 | 26:40 | 7:41 | 18 | 10:39 | 217 | 11:12 | 20.82 | 2:38:59 | 7:38 | 2 | 45:07 | 215 | 41:19 |
| Runde | 3.47 | 27:17 | 7:51 | 17 | 11:11 | 196 | 11:44 | 24.29 | 3:06:16 | 7:40 | 2 | 48:51 | 215 | 46:01 |
| Runde | 3.47 | 27:56 | 8:02 | 17 | 11:39 | 194 | 11:48 | 27.76 | 3:34:12 | 7:42 | 2 | 52:37 | 215 | 49:32 |
| Runde | 3.47 | 28:30 | 8:12 | 16 | 12:01 | 177 | 12:28 | 31.23 | 4:02:42 | 7:46 | 2 | 53:05 | 214 | 1:43:52 |
| Runde | 3.47 | 29:24 | 8:28 | 17 | 12:02 | 173 | 13:18 | 34.70 | 4:32:06 | 7:50 | 2 | 56:11 | 209 | 1:57:10 |
| Runde | 3.47 | 29:16 | 8:26 | 17 | 10:33 | 171 | 13:24 | 38.17 | 5:01:22 | 7:53 | 2 | 1:00:25 | 209 | 2:10:34 |
| Runde | 3.97 | 30:09 | 7:35 | 17 | 12:31 | 185 | 29:52 | 42.18 | 5:31:31 | 7:51 | 17 | 2:11:35 | 211 | 4:02:18 |