



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Pflügler, Christian

Club: 6h-Lauf-Münster/100MC
Number: 354

Course: 42.18 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 5:38:44

Speed: 7.44 km/h
Running performance: 8:02 min/km

Rank in course/Total: 235 (of 272)

Rank in course/Men: 214 (of 245)

Best time in course: 3:07:01

Rank in category: 45(of 51)

Best time in the category: 3:34:54

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	23:42	6:49	43	9:10	191	9:56	3.47	23:42	6:49	21	1:44	222	1:16
Runde	3.47	24:08	6:57	45	9:06	208	9:27	6.94	47:50	6:53	21	3:17	222	
Runde	3.47	24:47	7:08	46	9:18	218	9:50	10.41	1:12:37	6:58	21	4:29	222	
Runde	3.47	26:39	7:40	49	10:41	231	11:02	13.88	1:39:16	7:09	21	7:13	221	4:18
Runde	3.47	27:48	8:00	48	11:06	232	12:13	17.35	2:07:04	7:19	21	11:04	220	30:48
Runde	3.47	27:48	8:00	49	10:39	231	12:20	20.82	2:34:52	7:26	21	13:59	220	37:12
Runde	3.47	27:53	8:02	44	9:54	207	12:20	24.29	3:02:45	7:31	21	16:03	220	42:30
Runde	3.47	29:30	8:30	45	11:04	213	13:22	27.76	3:32:15	7:38	21	18:35	220	47:35
Runde	3.47	29:45	8:34	46	10:34	200	13:43	31.23	4:02:00	7:44	21	20:43	219	1:43:10
Runde	3.47	30:20	8:44	40	10:54	190	14:14	34.70	4:32:20	7:50	20	19:22	214	1:57:24
Runde	3.47	31:21	9:02	44	11:55	199	15:29	38.17	5:03:41	7:57	20	22:56	214	2:12:53
Runde	3.97	35:03	8:49	48	17:04	222	34:46	42.18	5:38:44	8:01	46	2:03:50	217	4:09:31