



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Strueder, Karsten

Club: TUS Glan-Münchweiler
Number: 454

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:43:18

Speed: 7.34 km/h
Running performance: 8:08 min/km

Rank in course/Total: 236 (of 272)

Rank in course/Men: 215 (of 245)

Best time in course: 3:07:01

Rank in category: 58(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	25:43	7:24	59	9:53	228	11:57	3.47	25:43	7:24	27		128	3:17
Runde	3.47	22:38	6:31	50	6:11	178	7:57	6.94	48:21	6:58	27		223	
Runde	3.47	23:20	6:43	48	6:23	179	8:23	10.41	1:11:41	6:53	27		223	
Runde	3.47	23:54	6:53	50	6:53	184	8:17	13.88	1:35:35	6:53	27		222	0:37
Runde	3.47	24:03	6:55	47	6:48	175	8:28	17.35	1:59:38	6:53	27		221	23:22
Runde	3.47	25:35	7:22	52	7:46	189	10:07	20.82	2:25:13	6:58	27		221	27:33
Runde	3.47	27:19	7:52	53	9:08	198	11:46	24.29	2:52:32	7:06	27	2:20	221	32:17
Runde	3.47	30:27	8:46	61	12:00	221	14:19	27.76	3:22:59	7:18	27	6:02	221	38:19
Runde	3.47	32:28	9:21	62	13:53	226	16:26	31.23	3:55:27	7:32	27	12:25	220	1:36:37
Runde	3.47	35:49	10:19	63	16:20	228	19:43	34.70	4:31:16	7:49	27	20:10	215	1:56:20
Runde	3.47	38:08	10:59	62	18:41	234	22:16	38.17	5:09:24	8:06	27	29:26	215	2:18:36
Runde	3.97	33:54	8:32	56	15:55	218	33:37	42.18	5:43:18	8:08	58	2:07:35	218	4:14:05