



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Kirsfelds, Lars**

Club: Promillejäger  
Number: 237

Course: 42.18 km  
Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 5:43:54

Speed: 7.33 km/h  
Running performance: 8:09 min/km

Rank in course/Total: 239 (of 272)

Rank in course/Men: 218 (of 245)

Best time in course: 3:07:01

Rank in category: 59(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	24:30	7:03	52	8:40	210	10:44	3.47	24:30	7:03	28		226	2:04
Runde	3.47	24:20	7:00	59	7:53	219	9:39	6.94	48:50	7:02	28		226	
Runde	3.47	25:38	7:23	61	8:41	228	10:41	10.41	1:14:28	7:09	28		226	
Runde	3.47	25:09	7:14	58	8:08	214	9:32	13.88	1:39:37	7:10	28	1:31	225	4:39
Runde	3.47	26:06	7:31	58	8:51	217	10:31	17.35	2:05:43	7:14	28	3:47	224	29:27
Runde	3.47	27:24	7:53	61	9:35	226	11:56	20.82	2:33:07	7:21	28	7:30	224	35:27
Runde	3.47	27:13	7:50	52	9:02	195	11:40	24.29	3:00:20	7:25	28	10:08	224	40:05
Runde	3.47	29:13	8:25	57	10:46	211	13:05	27.76	3:29:33	7:32	28	12:36	224	44:53
Runde	3.47	28:54	8:19	50	10:19	187	12:52	31.23	3:58:27	7:38	28	15:25	223	1:39:37
Runde	3.47	33:44	9:43	60	14:15	222	17:38	34.70	4:32:11	7:50	28	21:05	218	1:57:15
Runde	3.47	36:32	10:31	60	17:05	224	20:40	38.17	5:08:43	8:05	28	28:45	218	2:17:55
Runde	3.97	35:11	8:51	58	17:12	224	34:54	42.18	5:43:54	8:09	59	2:08:11	221	4:14:41