



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Reinhard-Miltz, Gerhard

Club: 100 Marathon Club
Number: 375

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 5:47:47

Speed: 7.25 km/h
Running performance: 8:14 min/km

Rank in course/Total: 241 (of 272)

Rank in course/Men: 220 (of 245)

Best time in course: 3:07:01

Rank in category: 15(of 19)

Best time in the category: 3:20:35

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	23:24	6:44	12	7:56	188	9:38	3.47	23:24	6:44	4	1:50	228	0:58
Runde	3.47	26:39	7:40	17	10:51	238	11:58	6.94	50:03	7:12	4	6:04	228	
Runde	3.47	27:12	7:50	18	11:07	239	12:15	10.41	1:17:15	7:25	4	10:45	228	
Runde	3.47	26:57	7:45	17	10:33	235	11:20	13.88	1:44:12	7:30	4		227	9:14
Runde	3.47	28:56	8:20	18	12:10	239	13:21	17.35	2:13:08	7:40	4		226	36:52
Runde	3.47	28:59	8:21	18	11:56	235	13:31	20.82	2:42:07	7:47	4		226	44:27
Runde	3.47	28:33	8:13	14	11:57	217	13:00	24.29	3:10:40	7:50	4	0:03	226	50:25
Runde	3.47	32:50	9:27	19	15:46	238	16:42	27.76	3:43:30	8:03	4	6:35	226	58:50
Runde	3.47	29:54	8:37	14	12:16	204	13:52	31.23	4:13:24	8:06	4	10:28	225	1:54:34
Runde	3.47	31:38	9:06	14	14:11	204	15:32	34.70	4:45:02	8:12	4	23:44	220	2:10:06
Runde	3.47	32:55	9:29	15	15:50	215	17:03	38.17	5:17:57	8:19	4	31:19	220	2:27:09
Runde	3.97	29:50	7:30	13	29:33	177	29:33	42.18	5:47:47	8:14	15	2:27:12	223	4:18:34