



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Armbrust, Michael

Club: LT Hennef/Sieg
Number: 11

Course: 42.18 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 5:52:55

Speed: 7.14 km/h
Running performance: 8:22 min/km

Rank in course/Total: 247 (of 272)

Rank in course/Men: 225 (of 245)

Best time in course: 3:07:01

Rank in category: 62(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 | 25:00 | 7:12 | 55 | 9:10 | 216 | 11:14 | 3.47 | 25:00 | 7:12 | 31 | | 231 | 2:34 |
| Runde | 3.47 | 24:07 | 6:57 | 55 | 7:40 | 207 | 9:26 | 6.94 | 49:07 | 7:04 | 31 | | 231 | |
| Runde | 3.47 | 24:33 | 7:04 | 57 | 7:36 | 209 | 9:36 | 10.41 | 1:13:40 | 7:04 | 31 | | 231 | |
| Runde | 3.47 | 24:07 | 6:57 | 54 | 7:06 | 192 | 8:30 | 13.88 | 1:37:47 | 7:02 | 31 | | 230 | 2:49 |
| Runde | 3.47 | 25:05 | 7:13 | 51 | 7:50 | 194 | 9:30 | 17.35 | 2:02:52 | 7:04 | 31 | 0:56 | 229 | 26:36 |
| Runde | 3.47 | 25:56 | 7:28 | 54 | 8:07 | 198 | 10:28 | 20.82 | 2:28:48 | 7:08 | 31 | 3:11 | 229 | 31:08 |
| Runde | 3.47 | 29:35 | 8:31 | 62 | 11:24 | 227 | 14:02 | 24.29 | 2:58:23 | 7:20 | 31 | 8:11 | 229 | 38:08 |
| Runde | 3.47 | 31:45 | 9:08 | 63 | 13:18 | 229 | 15:37 | 27.76 | 3:30:08 | 7:34 | 31 | 13:11 | 229 | 45:28 |
| Runde | 3.47 | 31:44 | 9:08 | 61 | 13:09 | 222 | 15:42 | 31.23 | 4:01:52 | 7:44 | 31 | 18:50 | 228 | 1:43:02 |
| Runde | 3.47 | 34:48 | 10:01 | 62 | 15:19 | 226 | 18:42 | 34.70 | 4:36:40 | 7:58 | 31 | 25:34 | 223 | 2:01:44 |
| Runde | 3.47 | 32:07 | 9:15 | 54 | 12:40 | 208 | 16:15 | 38.17 | 5:08:47 | 8:05 | 31 | 28:49 | 223 | 2:17:59 |
| Runde | 3.97 | 44:08 | 11:07 | 63 | 26:09 | 239 | 43:51 | 42.18 | 5:52:55 | 8:22 | 62 | 2:17:12 | 228 | 4:23:42 |