



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