



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Raulf, Martin**

Club: Stolpertruppe Winsen  
Number: 368

Course: 42.18 km  
Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 6:06:00

Speed: 6.89 km/h  
Running performance: 8:41 min/km

Rank in course/Total: 253 (of 272)

Rank in course/Men: 231 (of 245)

Best time in course: 3:07:01

Rank in category: 37(of 40)

Best time in the category: 3:22:57

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	26:23	7:36	38	11:46	237	12:37	3.47	26:23	7:36	18	2:21	239	3:57
Runde	3.47	25:42	7:24	37	10:34	235	11:01	6.94	52:05	7:30	18	5:08	239	1:48
Runde	3.47	25:29	7:20	38	9:44	226	10:32	10.41	1:17:34	7:27	18	7:14	239	
Runde	3.47	25:05	7:13	33	8:52	211	9:28	13.88	1:42:39	7:23	18	8:43	238	7:41
Runde	3.47	25:36	7:22	34	9:04	213	10:01	17.35	2:08:15	7:23	18	10:17	237	31:59
Runde	3.47	27:05	7:48	34	9:57	224	11:37	20.82	2:35:20	7:27	18	11:12	237	37:40
Runde	3.47	28:55	8:20	32	11:27	219	13:22	24.29	3:04:15	7:35	18	13:14	237	44:00
Runde	3.47	32:37	9:23	36	15:11	236	16:29	27.76	3:36:52	7:48	18	17:51	237	52:12
Runde	3.47	37:32	10:48	38	19:38	240	21:30	31.23	4:14:24	8:08	18	25:13	236	1:55:34
Runde	3.47	36:26	10:29	36	17:59	230	20:20	34.70	4:50:50	8:22	18	31:12	231	2:15:54
Runde	3.47	36:43	10:34	32	18:20	226	20:51	38.17	5:27:33	8:34	18	37:55	231	2:36:45
Runde	3.97	38:27	9:41	38	37:58	234	38:10	42.18	6:06:00	8:40	38	4:36:47	234	4:36:47