



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Johannsen, Holger

Club: Köln
Number: 215

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:04:13

Speed: 10.14 km/h
Running performance: 5:49 min/km

Rank in course/Total: 42 (of 201)

Rank in course/Men: 37 (of 167)

Best time in course: 1:32:52

Rank in category: 8(of 34)

Best time in the category: 1:41:42

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	19:27	5:36	14	4:46	45	5:07	3.47	19:27	5:36	25		39	
Runde	3.47	20:00	5:45	7	3:48	38	5:11	6.94	39:27	5:41	25		38	9:49
Runde	3.47	20:13	5:49	7	6:33	32	6:33	10.41	59:40	5:43	25		38	14:29
Runde	3.47	21:00	6:03	6	3:13	34	5:13	13.88	1:20:40	5:48	27		37	19:42
Runde	3.47	21:18	6:08	7	2:59	31	5:17	17.35	1:41:58	5:52	27		36	24:59
Runde	3.97	22:15	5:36	7	4:38	36	21:39	21.34	2:04:13	5:49	8	22:31	38	1:16:46