



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Henning, Stefan**

Club: Paderborn  
Number: 166

Course: 21.34 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:12:36

Speed: 9.50 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 61 (of 201)

Rank in course/Men: 52 (of 167)

Best time in course: 1:32:52

Rank in category: 12(of 27)

Best time in the category: 1:32:52

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	20:39	5:57	14	5:50	72	6:19	3.47	20:39	5:57	16		55	
Runde	3.47	19:26	5:36	8	4:37	35	4:37	6.94	40:05	5:46	16		54	10:27
Runde	3.47	20:50	6:00	8	5:17	40	7:10	10.41	1:00:55	5:51	16		54	15:44
Runde	3.47	23:19	6:43	14	7:32	73	7:32	13.88	1:24:14	6:04	16		52	23:16
Runde	3.47	23:46	6:50	13	7:45	62	7:45	17.35	1:48:00	6:13	16		51	31:01
Runde	3.97	24:36	6:11	15	8:43	79	24:00	21.34	2:12:36	6:12	12	39:44	53	1:25:09