



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Nicolai, Sascha

Club: Hagen
Number: 328

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:12:37

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

Rank in course/Total: 62 (of 201)

Rank in course/Men: 53 (of 167)

Best time in course: 1:32:52

Rank in category: 11(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	18:28	5:19	12	3:47	33	4:08	3.47	18:28	5:19	28		56	
Runde	3.47	21:36	6:13	12	5:24	65	6:47	6.94	40:04	5:46	28		55	10:26
Runde	3.47	22:47	6:33	14	9:07	75	9:07	10.41	1:02:51	6:02	28		55	17:40
Runde	3.47	22:59	6:37	13	5:12	66	7:12	13.88	1:25:50	6:11	25		53	24:52
Runde	3.47	23:40	6:49	13	5:21	58	7:39	17.35	1:49:30	6:18	25		52	32:31
Runde	3.97	23:07	5:49	9	5:30	53	22:31	21.34	2:12:37	6:12	11	30:55	54	1:25:10