



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Rödel, Sascha

Club: TDM Bamberg
Number: 388

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:41:42

Speed: 12.39 km/h
Running performance: 4:46 min/km

Rank in course/Total: 3 (of 201)

Rank in course/Men: 3 (of 167)

Best time in course: 1:32:52

Rank in category: 1(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	14:41	4:13	1	-	2	0:21	3.47	14:41	4:13	27	-	4	-
Runde	3.47	16:12	4:40	1	-	3	1:23	6.94	30:53	4:27	27	-	3	1:15
Runde	3.47	17:06	4:55	2	3:26	4	3:26	10.41	47:59	4:36	27	-	3	2:48
Runde	3.47	17:47	5:07	1	-	4	2:00	13.88	1:05:46	4:44	18	-	3	4:48
Runde	3.47	18:19	5:16	1	-	6	2:18	17.35	1:24:05	4:50	18	-	3	7:06
Runde	3.97	17:37	4:26	1	-	5	17:01	21.34	1:41:42	4:45	1	-	4	54:15