



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Rückert, Jens

Club: Arnstadt
Number: 387

Course: 21.34 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:12:48

Speed: 9.49 km/h
Running performance: 6:13 min/km

Rank in course/Total: 64 (of 201)

Rank in course/Men: 55 (of 167)

Best time in course: 1:32:52

Rank in category: 6(of 21)

Best time in the category: 1:54:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking								
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men		
Runde	3.47	22:05	6:21	11	4:34	94	7:45	3.47	22:05	6:21	16	2:43	58			
Runde	3.47	22:40	6:31	11	4:25	94	7:51	6.94	44:45	6:26	16	2:22	57	15:07		
Runde	3.47	21:50	6:17	6	2:52	55	8:10	10.41	1:06:35	6:23	16	0:16	57	21:24		
Runde	3.47	21:51	6:17	6	2:55	43	6:04	13.88	1:28:26	6:22	16		55	27:28		
Runde	3.47	21:55	6:18	4	2:41	38	5:54	17.35	1:50:21	6:21	16		54	33:22		
Runde	3.97	22:27	5:39	5	2:25	40	21:51	21.34	2:12:48	6:13	7	1:25:21	56	1:25:21		