



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Steffen, Holger

Club: Rostock
Number: 446

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:13:02

Speed: 9.47 km/h
Running performance: 6:14 min/km

Rank in course/Total: 65 (of 201)

Rank in course/Men: 56 (of 167)

Best time in course: 1:32:52

Rank in category: 13(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	21:11	6:06	20	6:30	75	6:51	3.47	21:11	6:06	30		60	
Runde	3.47	21:53	6:18	13	5:41	72	7:04	6.94	43:04	6:12	30		59	13:26
Runde	3.47	21:40	6:14	12	8:00	49	8:00	10.41	1:04:44	6:13	30		59	19:33
Runde	3.47	22:09	6:22	10	4:22	48	6:22	13.88	1:26:53	6:15	23		57	25:55
Runde	3.47	22:48	6:34	10	4:29	47	6:47	17.35	1:49:41	6:19	23		56	32:42
Runde	3.97	23:21	5:52	11	5:44	58	22:45	21.34	2:13:02	6:14	13	31:20	57	1:25:35