



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Sanderschäfer, Dirk

Club: LG Fastflitzer Osterwald
Number: 391

Course: 21.34 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:14:28

Speed: 9.37 km/h
Running performance: 6:18 min/km

Rank in course/Total: 68 (of 201)

Rank in course/Men: 59 (of 167)

Best time in course: 1:32:52

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	3.47	21:16	6:07	9	3:45	77	6:56	3.47	21:16	6:07	14	1:54	62	
Runde	3.47	21:42	6:15	8	3:27	68	6:53	6.94	42:58	6:11	14	0:35	61	13:20
Runde	3.47	22:14	6:24	8	3:16	61	8:34	10.41	1:05:12	6:15	14		61	20:01
Runde	3.47	22:17	6:25	7	3:21	49	6:30	13.88	1:27:29	6:18	14		59	26:31
Runde	3.47	23:24	6:44	7	4:10	55	7:23	17.35	1:50:53	6:23	14		57	33:54
Runde	3.97	23:35	5:56	9	3:33	64	22:59	21.34	2:14:28	6:18	9	1:27:01	60	1:27:01